

# COMMON FODMAP INGREDIENTS TO AVOID

*A list of high FODMAP ingredients commonly found in food products. Note it's not a complete list as new ingredients are tested often.*

Agave syrup	Khorasan flour (kamut)
Almond Flour	Lactose
Amaranth flour	Lentil flour
Barley	Lupin
Buttermilk	Maltitol (E956)
Chicken salt*	Mannitol (E421)
Chicory root or extract	Milk or milk curds
Chickpea flour (besan)	Molasses**
Coconut flour**	Natural flavors*
Dehydrated vegetables*	Onion. Or onion products (e.g. onion salt, onion powder)
Dried fruit pieces (high amounts)	Pea Protein/Pea Protein concentrate (needs to say isolate first)**
Einkorn	Rye if it's a main ingredient (i.e. listed first to third on ingredient list)
Emmer	Sorbitol (E420)
Erythritol (E968)**	Sour cream
Fructans (eg oligofructan)	Soy flour**
Fructooligosaccharides (FOS)	Soy protein/Soy Protein Concentrate (needs to say isolate first)**
Fructose	Spelt if it's a main ingredient (i.e. listed first to third on ingredient list)
Fructose-glucose syrup	Spices*
Fruit concentrate	Wheat if it's a main ingredient (i.e. listed first to third on ingredient list)
Fruit juices e.g pear juice, apple juice	Whey Protein Concentrate (WPC) (needs to say isolate)**
Garlic. Or garlic products (e.g. garlic salt, garlic powder)	Xylitol (E967)
Gram flour	Yacon syrup**
Honey	Yogurt
High Fructose Corn Syrup (HFCS)	
Inulin	
Isoglucose	
Isolated fructose	
Isomalt (E953)	

*\* If they contain onion or garlic*

*\*\* Suspected but not formally tested*