

THE LOW FODMAP FOOD LIST BY FODMAP CATEGORY

USE THIS LIST ON THE ELIMINATION TO REDUCE YOUR RISK OF FODMAP STACKING

This list is not exhaustive and is not intended to replace the Monash FODMAP app or other advice provided by your dietitian.
All amounts are approximate. Many items listed contain multiple FODMAPs. Use the Monash app to cross reference foods/FODMAPs.

GOS

Adzuki beans (canned) (38g)
Almonds (22g)
Almond butter (20g)
Aloe drink (64g)
Baked beans (10g)
Beetroot, fresh (75g)
Black beans (40g)
Brazil nuts (30g)
Butter beans (35g)
Cannellini beans, canned (76g)
Cashews (avoid)
Cassava / Yucca (75g)
Chana dahl, boiled (46g)
Chickpeas, canned (80g)
Chicory leaves (75g)
Custard apple (30g)
Flaxseeds/Linseeds (15g)
Hazelnuts (24g)
Kale (75g)
Lentils, canned (46g)
Lettuce, radicchio (75g)
Mung Bean (boiled) (53g)
Oats, quick (23g)
Oats, rolled (52g)
Onion, White (10g)
Peas, canned (53g)
Peas, frozen, thawed (54g)
Pinto beans (23g)
Pumpkin (sugar/orange) (46g)
Soy yoghurt (38g)
Taro (75g)
Walnuts (30g)
Tomatillo (75g)
Turnip, white (75g)
Worcestershire sauce (42g)

NOTES:

- + Many grains contain GOS (rye, barley, wheat)
- + Many flours contain GOS (amaranth, barley, einkorn, lupin, spelt, oat flour etc)
- + Many nuts contain fructan
- + Wheat, barley & rye products contain fructan

Sorbitol

Aloe drink (64g)
Apple, pink, unpeeled (20g)
Apricot, canned (20g)
Apricot, fresh (67g)
Aubergine/Eggplant (75g)
Avocado (60g 'perseitol')
Bok choy (75g)
Cherries, fresh, pitted (20g)
Coconut, canned, regular (60g)
Coconut, flesh (81g)
Coconut, flour (avoid)
Coconut, shredded (30g)
Coconut, water (100g)
Dates, Medjool (20g)
Green beans (75g)
Longan (28g)
Nectarine, white (67g)
Nectarine, yellow (85g)
Peach, white (19g)
Pear, green (4g)
Prunes (avoid)
Swede / Rutabaga (75g)
Turnip, white (75g)

Excess Fructose

Agave syrup, dark (5g)
Alfalfa (75g)
Apple, pink unpeeled (20g)
Apricot, canned (20g)
Asparagus (42g)
Baked beans (10g)
Balsamic vinegar (21g/1 tbsp)
Bell pepper (capsicum) orange (38g)
Bell pepper (capsicum) red (43g)
Bell pepper (capsicum) yellow (35g)
Blackberries (32g)
Boysenberry (29g)

Fructan

Acorn squash (54g)
Agave syrup, dark (5g)
Almond butter (20g)
Aloe drink (64g)
Apricot, fresh (67g)
Baked beans (10g)
Banana, firm, common (95g)
Banana, ripe (37g)
Beetroot, canned (60g)
Beetroot, fresh (75g)
Bell pepper (capsicum) green (75g)
Black beans (40g)
Broccolini, stalks (75g)
Brussel sprouts (75g)
Butternut Squash (63g)
Cabbage, common (75g)
Cabbage, red (75g)
Cabbage, savoy (75g)
Cannellini beans, canned (76g)
Cantaloupe/Rock melon (121g)
Cashews (avoid)
Cauliflower, white (75g)
Chamomile tea (avoid)
Chickpeas, canned (80g)
Chilli, green/red, fresh (28g)
Coconut, flesh (81g)
Coconut, flour (avoid)
Coconut, sugar (4g)
Coconut, water (100g)
Corn (fresh or frozen) (75g)
Corn, kernels, canned (75g)
Courgette/zucchini (67g)
Cranberries, dried (22g)
Cranberry juice (27% juice) (160mL)
Cumquats, unpeeled (76g)
Currants (13g)
Dandelion tea (avoid)
Dates, Medjool (20g)
Dulse flakes (10g)
Edamame beans (75g)
Feijoa (29g)
Fennel bulb (75g)
Goji berries (11g)
Honey (4g)

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Mannitol

Celeriac (75g)

Celery, stalk (51g)

Chicory leaves (75g)

Dulse flakes (10g)

Green beans (75g)

Kimchi (White cabbage) (47g)

Mushrooms, most (7g)

Mushrooms, champignon (canned) (75g)

Pomegranate (42g)

Watermelon (18g)

Worcestershire sauce (42g)

Excess Fructose

Broad beans (avoid)

Broccoli, heads only (75g)

Broccoli, stalks only (42g)

Broccolini, heads only (21g)

Butternut Squash (63g)

Chilli powder (red) (2g)

Coconut, flour (avoid)

Cucumber, all (75g)

Fava beans (avoid)

Feijoa (29g)

Fennel bulb (75g)

Figs, fresh (7g)

Grapefruit (90g)

Grapes (11g)

Guava, unripe (11g)

Honey (4g)

Jalapeno, raw (30g)

Lettuce (Cos/Romaine) 75g

Lotus root, dried (1g)

Lychee, canned (150g)

Lychee, fresh (96g)

Mandarin, imperial, peeled (90g)

Mango (7g)

Molasses (4g)

Nectarine, white (67g)

Nectarine, yellow (85g)

Orange (navel, peeled) (130g)

Orange juice (fresh squeezed) (72g)

Peach, yellow (103g)

Pear, green (4g)

Raisins (4g)

Raspberries (58g)

Sriracha (5g)

Strawberries (65g)

Sultanas (7g)

Sun-dried tomatoes (13g)

Tamarillo (65g)

Tomato juice (96g)

Fructan

Honeydew melon (92g)

Jicama (75g)

Kiwi fruit (150g)

Kombucha (180g)

Lemon juice (21 mL)

Lentils, canned (46g)

Lime juice (21mL)

Longan (28g)

Lotus root dried (1g)

Molasses (4g)

Mung Bean (boiled) (53g)

Mushrooms, button (7g)

Nectarine, white (6/g)

Oats, quick (23g)

Okra (70g)

Onion, Shallot (avoid)

Onion, Vidalia (22g)

Onion, White (10g)

Oolong tea (avoid)

Passionfruit (46g)

Peach, white (19g)

Peas, thawed (54g)

Pecans (30g)

Persimmon (60g)

Pineapple (140g)

Pinto beans (23g)

Pomegranate (42g)

Prunes (avoid)

Pumpkin (Japanese/kabocha) (75g)

Pumpkin (sugar/orange) (46g)

Red kidney beans, canned (85g)

Snow peas (15g)

Soy yoghurt (38g)

Spinach (75g)

Sugar Snap peas (75g)

Sultanas (7g)

Sweet potato (75g)

Taro (75g)

Tomato juice (96g)

Watermelon (18g)

Wombok (75g)

Yam (white flesh) (75g)

GUIDANCE NOTES

FODMAP stacking can occur where 2 or more green servings of FODMAP containing foods are combined in a short space of time, either within meal (e.g. oats + banana) or within 24 hours (e.g. green serve of avocado at lunch, green serve of eggplant at dinner). Also note that many foods contain 2 or more FODMAP types (highlighted/italicized).

To reduce your risk of stacking, do not combine multiple foods listed under the same heading within 24 hours. It is best to pick foods that give the largest serving size for their FODMAP limit as they provide more nutrition & fiber (e.g. pick those that have 75g serving sizes, avoid those where serving size is very small).

Foods listed in the Monash app as either 'no fodmaps were detected in this food' or 'only trace amounts of fodmaps were detected in this food' can be eaten 'freely and according to appetite', therefore they will not contribute to stacking.

