

"Eat This, Not That"

FODMAPs FOOD LIST

Aim to eat only one portion of a particular food per day to avoid stacking FODMAPs.

EAT THIS (LOW FODMAP)

Foods listed in this column can be consumed without worrying about FODMAP quantities.

EAT THIS IN MODERATION

Foods listed in this column can be consumed in moderation.

NOT THAT (HIGH FODMAP)

Foods listed in this column should be avoided due to high FODMAP content.

1. FRUITS & VEGETABLES

Alfalfa	Kale
Arugula	Mandarins
Collard greens	Mushrooms
Beansprouts	<i>(only oyster)</i>
Carrots	Olives
Chard	Papaya
Chilli	Parsnip
<i>(red/green)</i>	Potato <i>(white)</i>
Cucumber	Radish
<i>(common)</i>	Rhubarb
Dragon fruit	Romaine lettuce
Guava	Seaweed/nori
Iceberg lettuce	Spirulina
Kabocha	Starfruit

Banana <i>(green)</i>	Honeydew
Beetroot	Jicama
<i>(pickled/canned)</i>	Kiwi fruit
Bell peppers	Lemons & limes
<i>(red & orange)</i>	Okra
Blueberries	Oranges
Broccoli	Pumpkin <i>(canned)</i>
Butternut squash	Passion fruit
Butter lettuce	Pineapple
Cantaloupe	Raspberries
Corn	Scallions <i>(green tops)</i>
Cabbage	Spaghetti squash
Cranberries <i>(fresh)</i>	Spinach
Desiccated	Sweet potato
Coconut	Strawberries
Eggplant	Tomatoes
Fennel leaves	Turnip
Grapefruit	Yam
Green beans	Zucchini

Apples	Grapes
Apricot	Garlic
Asparagus	Leeks
Artichokes	Mango
Avocado	Mushrooms
Bananas <i>(ripe)</i>	<i>(all but oyster)</i>
Bell pepper	Nectarine
<i>(green & yellow)</i>	Onion
Blackberries	Peaches
Cauliflower	Pears
Celery	Peas
Cherries	Plums
Cranberries	Raisins
<i>(dried)</i>	Watermelon

2. DAIRY & ALTERNATIVES

Almond milk	Yogurt
Cheese	<i>(plain &</i>
<i>(firm/hard)</i>	<i>lactose-free)</i>
	Rice milk

Cow's milk <i>(plain &</i>	Oat milk
<i>lactose-free)</i>	Coconut milk
Hemp milk	<i>(canned/tinned)</i>

Cheese	Goat milk
<i>(cream/soft)</i>	Sheep's milk
Cottage cheese	Soy milk
Cow milk	

**EAT THIS
(LOW FODMAP)**

**EAT THIS IN
MODERATION**

**NOT THAT
(HIGH FODMAP)**

3. CEREALS, FLOUR, GRAINS, LEGUMES, NUTS, & SEEDS

Arrowroot
Buckwheat flour (groats)
Corn flakes
Corn/maize flour
Corn tortillas
Macadamia nuts
Polenta

Quinoa (all)
Peanuts
Pine nuts
Poppy seeds
Pumpkin seeds
Rice (all types)
Sunflower seeds
Tapioca flour
Teff

Almonds
Almond flour
Brazil nuts
Bread (made from approved gluten-free flours)
Bread (true sourdough, no yeast)
Chia seeds
Chickpeas (canned & rinsed)
Edamame

Flaxseed
Lentils (canned & rinsed)
Oats (rolled)
Pasta/noodles (made from approved gluten-free flours)
Pecans
Rice krispies (rice puffs)
Tempeh
Tofu (firm)
Walnuts

Amaranth
Baked beans
Barley
Besan flour
Black beans
Cannellini Beans
Cashews
Cereal (muesli or granola with wheat or dried fruit)
Chickpea flour
Coconut flour
Cous cous
Gnocchi

Lentil pasta
Noodles (egg, udon, ramen, wheat)
Pistachios
Rye flour
Semolina
Soy beans
Soy flour
Tofu (silken)
Wheat flour (includes bread, pasta, cakes, biscuits, cookies, muffins etc.)

4. SWEETENERS, SAUCES, & CONDIMENTS

Butter
BBQ sauce/ketchup (made without onion or garlic powder & HFCS)
Maple Syrup

Margarine
Mayonnaise
Shrimp paste
Vanilla extract
Vegemite
Vinegar (apple cider, malt, red wine)

Balsamic vinegar
Cocoa powder
Miso
Soy, fish & oyster sauce

Sweet/sour sauce
Sweeteners (*Equal, Stevia, Monk Fruit, & Splenda*)
Worcestershire sauce

Agave
Curry paste
Gravy mix (most)
High fructose Corn syrup (HFCS)
Honey
Hummus

Jam
Maltitol & mannitol
Molasses
Pasta sauces (most)
Sorbitol & xylitol
Tzatziki

5. PROTEINS, FATS/OILS, HERBS/SPICES

All herbs & spices (fresh & dried) are low FODMAP. The exception is garlic & onion powders.

All animal proteins are low FODMAP, except if battered or made with high FODMAP sweeteners, onion, and garlic powders.

All fats & oils are low FODMAP, including butter, avocado, coconut, and peanut oil.

Garlic-infused and onion-infused oils are also low FODMAP (they retain flavors without the FODMAP compounds).

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6. SWEETS & SNACKS

Corn chips
Popcorn
Potato chips/crisps
(plain, salted)

Pretzels (made from gluten free flours)
Rice crackers/cakes/crispbread

Chocolate (dark, 70%+ cocoa ideal)

Jello/jelly/gelatin

Baked goods made from wheat flour (biscuits, cookies, cakes, pretzels, etc)

Chocolate, milk and white
Muesli bars
Dried fruit
Chips or snacks (with onion or garlic powder)

7. DRINKS (ALCOHOLIC & NON-ALCOHOLIC)

Coffee (any without milk)
Tea (green, peppermint, ginger, licorice, rooibos)

Water (of course!)
Soda (diet/artificially sweetened)
Sparkling water/soda water

Beer Drinking chocolate (cocoa, cacao but not carob)
Juice (cranberry, lemon, lime, orange)

Spirits (gin, vodka & whiskey)
Tea (black, chai, dandelion, kombucha)
Wine (red, white and champagne)

Apple juice
Coconut water
Ciders (Apple and pear)
Cocktails (mixed drinks likely to be an issue)
Mango juice

Pear juice
Rum
Sodas with HFCS
Tea (chamomile, fennel)
Wine (dessert wines)

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