

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 (35g)
Almonds (12g)
Almond butter (20g)
Aloe (avoid)
Baked beans (10g)
Beetroot, fresh (24g)
Black beans (40g)
Butter beans (35g)
Butternut squash (45g)
Cabbage, red (75g)
Cannellini beans, canned (75g)
Cashews (avoid)
Cassava (75g)
Chana dahl, boiled (45g)
Chickpeas, canned (43g)
Choko (75g)
Cocoa/Cacao (8g)
Custard apple (28g)
Flaxseeds/Linseeds (15g)
Hazelnuts (15g)
Hemp seeds (20g)
Lettuce, radicchio (75g)
Lentils, canned (45g)
Lentils, fresh (22g)
Mange tout (17g)
Mung Bean, cooked (50g)
Onion (avoid)
Oats, rolled (50g)
Oats, quick (23g)
Peas, thawed (15g)
Peas, canned (45g)
Pinto beans (23g)
Pumpkin (sugar/orange) (45g)
Snow peas (15g)
Soy yoghurt (40g)
Taro (75g)
Tempeh (100g)
Yucca root (70g)

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 (avoid)
Aubergine/Eggplant (75g)
Apple, most (20g)
Apricot, fresh (15g)
Avocado (30g)
Blackberries (3g)
Bok choy (75g)
Cabbage, common (75g)
Cherries (20g)
Coconut (60g)
Coconut, shredded (28g)
Coconut, water (avoid)
Coconut, flesh (60g)
Coconut, flour (avoid)
Corn (cobb) (35g)
Dates (20g)
Fennel, leaves (15g)
Green beans (75g)
Lychee (28g)
Nectarine, white (67g)
Nectarine, yellow (17g)
Oyster mushrooms (75g)
Peach, white (15g)
Peach, yellow (28g)
Pear, most (6g)
Sweet corn, fresh (35g)
Turnip (75g)

Mannitol

Butternut squash (45g)
Cauliflower (23g)
Celeriac (75g)
Celery (8g)
Chicory leaves (75g)
Dulse flakes (8g)
Fennel bulb (48g)
Kimchi (White cabbage) (45g)
Kohlrabi (75g)
Leek leaves (48g)
Mange tout (17g)
Mushrooms (most types) (8g)
Mushrooms, champignon (canned) (75g)
Oyster mushrooms (75g)
Snow peas (15g)
Sweet potato (75g)
Watermelon (15g)
Worcestershire sauce (40g)

Excess Fructose

Agave nectar/syrup (4g)
Alfalfa (75g)
Asparagus (11g)
Apple, most (20g)
Apricot, canned (20g)
Baked beans (10g)
Balsamic vinegar (20g/1 tbsp)
Bell pepper (capsicum) red (43g)
Bell pepper (capsicum) yellow (35g)
Bell pepper (capsicum) orange (38g)
Boysenberry (11g)
Broccoli, heads only (75g)
Broccoli, stalks only (45g)
Broccolini, heads only (60g)
Broad beans (avoid)
Cherries (20g)
Chilli powder (red) (3g)
Coconut, flour (avoid)
Cucumber, all (75g)
Fava beans (avoid)
Figs, fresh (4g)
Gourd (75g)
Grapes (30g)
Guava, unripe (8g)
Honey (6g)
Jalapeno, raw (30g)
Lotus root (75g)
Mandarin (imperial, peeled) (90g)
Mango (40g)
Molasses (4g)
Nectarine, white (67g)
Orange (navel, peeled) (130g)
Orange juice (fresh squeezed) (70g)
Pear, most (6g)
Raspberries (60g)
Sriracha (4g)
Strawberries (60g)
Sultanas (6g)
Sugar snap peas (15g)
Sun-dried tomatoes (8g)
Tomato, canned (100g)
Tomato, cherry (45g)
Tomato, common/truss (65g)
Tomato juice (85g)
Tamarillo (25g)
Watermelon (15g)

Fructan

Aloe drink (avoid)
Asparagus (11g)
Baked beans (10g)
Banana, ripe (34g)
Banana, unripe/green (100g)
Beetroot, fresh (24g)
Beetroot, canned (60g)
Bell pepper (capsicum) green (75g)
Black beans (40g)
Broccolini, stalks (90g)
Brussel sprouts (50g)
Cabbage, red (75g)
Cabbage, savoy (40g)
Cannellini beans, canned (75g)
Cantaloupe/Rock melon (115g)
Chamomile tea (avoid)
Chia seeds (23g)
Chilli, red, fresh (27g)
Corn, canned (75g)
Courgette/zucchini (65g)
Cocoa/Cacao (8g)
Coconut, flour (avoid)
Coconut, milk (avoid)
Coconut, sugar (3g)
Coconut, water (avoid)
Cranberries, dried (15g)
Currants (11g)
Dandelion tea (avoid)
Dates (8g)
Edamame beans (90g)
Feijoa (48g)
Fennel, bulb (45g)
Goji berries (8g)
Grapefruit (80g)
Honeydew melon (90g)
Jicama (75g)
Kiwi fruit (150g)
Kombucha (avoid)
Lemon juice (250mL)
Lime juice (250mL)
Longan (23g)
Mange tout (17g)
Molasses (4g)
Nectarine, white (67g)
Nectarine, yellow (17g)
Oats, rolled (48g)
Oats, quick (23g)
Okra (75g)
Oolong tea (avoid)
Passionfruit (45g)
Peach, white (15g)
Peas, thawed (15g)
Pecans (20g)
Persimmon (60g)
Pineapple (135g)
Pinto beans (23g)
Pomegranate (45g)
Pumpkin (sugar/orange) (45g)
Pumpkin seeds (pepitas) (22g)
Raisins (12g)
Red kidney beans, canned (85g)
Snow peas (15g)
Soy yoghurt (40g)
Spinach (75g)
Squash (acorn) (55g)
Sultanas (8g)
Tempeh (100g)
Tomato, roma (75g)
Tomato juice (85g)
Walnuts (28g)
Watermelon (15g)
Wombok (75g)
Yam (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 + blueberries) 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).

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.