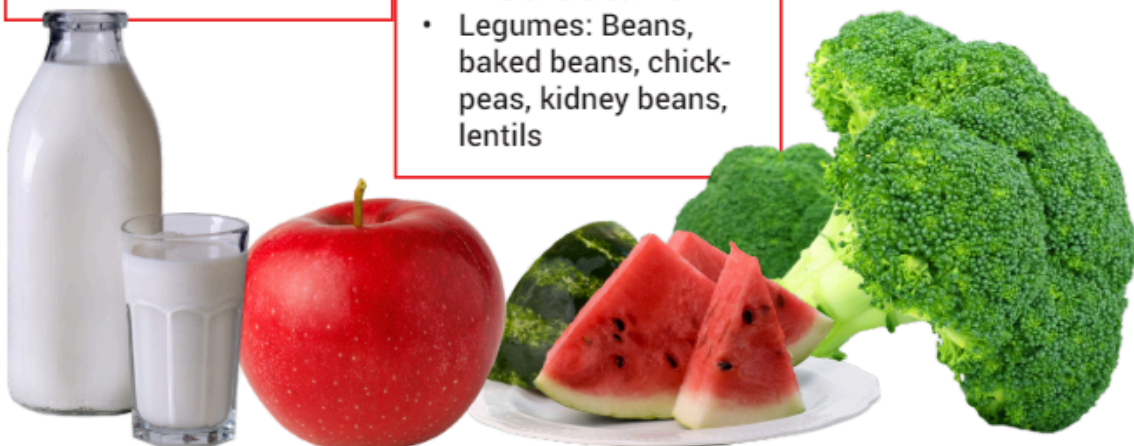


Low FODMAP Diet

A low FODMAP diet may help people with gastrointestinal problems like bloating, gas, or irritable bowel syndrome (IBS)

Avoid		
<p>Excess Fructose</p> <ul style="list-style-type: none"> • Fruit: apple, mango, nashi, pear, canned fruit in natural juice, watermelon. • Sweeteners: fructose, high fructose corn syrup, corn syrup, honey. • Concentrated fructose: concentrated fruit, large servings of fruit, dried fruit, fruit juice. 	<p>Fructans</p> <ul style="list-style-type: none"> • Asparagus • Beetroot • Broccoli • Brussels sprouts • Cabbage • Eggplant • Fennel • Garlic • Leek • Okra • Onion (all) • Shallots • Cereals: wheat and rye in large amounts (e.g. bread, crackers, cookies, couscous, pasta) • Fruit: custard apple, persimmon, watermelon • Misc: chicory, dandelion, inulin 	<p>Polyols</p> <ul style="list-style-type: none"> • Apple • Apricot • Avocado • Blackberry • Cherry • Lychee • Nashi • Nectarine • Peach • Pear • Plum • Prune • Watermelon • Vegetables: Green bell pepper, mushroom, sweet corn • Sweeteners: sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)
<p>Lactose</p> <ul style="list-style-type: none"> • Milk: milk from cows, goats, or sheep. • Custard, ice cream • Yogurt • Cheese: soft, unripened cheeses like cottage, cream, mascarpone, ricotta 	<p>Galactans</p> <ul style="list-style-type: none"> • Legumes: Beans, baked beans, chickpeas, kidney beans, lentils 	



Enjoy

Fruit

- Banana
- Blueberry
- Boysenberry
- Canteloupe
- Cranberry
- Durian
- Grape
- Grapefruit
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Mandarin
- Orange
- Passionfruit
- Pawpaw
- Raspberry
- Rhubarb
- Rockmelon
- Star anise
- Strawberry
- Tangelo

Misc

- Sweeteners - sucrose, glucose, artificial sweeteners not ending in "-ol", and sugar in small quantities
- Honey substitutes - small quantities of golden syrup, maple syrup, molasses, and treacle

Vegetables

- Alfalfa
- Artichoke
- Bamboo shoots
- Beat shoots
- Bok choy
- Carrot
- Celery
- Choko
- Choy sum
- Endive
- Ginger
- Green beans
- Lettuces
- Olives
- Parsnip
- Potato
- Pumpkin
- Red bell pepper
- Silver beet
- Spinach
- Summer squash (yellow)
- Swede
- Sweet potato
- Taro
- Tomato
- Turnip
- Yam
- Zucchini

Starch

- Gluten free bread or cereal products
- 100% spelt bread
- Rice
- Oats
- Polenta
- Other: arrowroot, millet, psyllium, quinoa, sorgum, tapioca

Dairy

- Milk - lactose-free milk, oat milk, rice milk, soy milk (check for additives)
- Cheeses - hard cheeses, brie, and camembert
- Yogurt (lactose free)
- Ice cream substitutes - gelati, sorbet
- Butter substitutes (e.g. olive oil)

