

# Low FODMAP Food Chart

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Low FODMAP	High FODMAP
<b>Vegetables and Legumes</b>	
Bamboo shoots	Garlic
Bean sprouts	Onions
Broccoli	Aparagus
Cabbage, common and red	Beans e.g. black, broad, kidney, lima, soya
Carrots	Cauliflower
Celery (less than 5cm stalk)	Cabbage, savoy
Chick peas (1/4 cup max)	Mange tout
Corn (1/2 cob max)	Mushrooms
Courgette	Peas
Cucumber	Scallions / spring onions (white part)
Eggplant	
Green beans	
Green pepper	
Kale	
Lettuce e.g. Butter, iceberg, rocket	
Parsnip	
Potato	
Pumpkin	
Red peppers	
Scallions / spring onions (green part)	
Squash	
Sweet potato	
Tomatoes	
Turnip	
<b>Fruit</b>	
Bananas	Apples
Blueberries	Apricot
Cantaloupe	Avocado
Cranberry	Blackberries
Clementine	Grapefruit
Graps	Mango
Melons e.g. Honeydew, galia	Peaches
Kiwifruit	Pears
Lemon	Plums
Orange	Raisins
Pineapple	Sultanas
Raspberry	Watermelon
Rhubarb	

Strawberry

### Meat and Substitutes

Beef  
Chicken  
Lamb  
Pork  
Quorn mince  
Cold cuts e.g. Ham and turkey breast

Chorizo  
Sausages  
Processed meat (check ingredients)

### Breads, Cereals, Grains and Pasta

Oats  
Quinoa  
Gluten free foods e.g. breads, pasta  
Savory biscuits  
Buckwheat  
Chips / crisps (plain)  
Cornflour  
Oatmeal (1/2 cup max)  
Popcorn  
Pretzels  
Rice e.g. Basmati, brown, white  
Tortilla chips

Barley  
Bran  
Cous cous  
Gnocchi  
Granola  
Muesli  
Muffins  
Rye  
Semolina  
Spelt  
Wheat foods e.g. Bread, cereal, pasta

### Nuts and Seeds

Almonds (max of 15)  
Chestnuts  
Chia seeds  
Hazelnuts  
Macademia nuts  
Peanuts  
Pecans (max of 15)  
Poppy seeds  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

Cashews  
Pistachio

### Milk

Almond milk  
Coconut milk  
Hemp milk  
Lactose free milk  
Oat milk (30ml max)  
Soya milk made with soy protein

Cow milk  
Goat milk  
Rice milk  
Sheep's milk  
Soy milk made with soy beans

### Dairy

Butter  
Dark chocolate  
Milk chocolate (3 squares max)  
White chocolate (3 squares max)

Buttermilk  
Cream  
Custard  
Greek yoghurt

	Ice cream Sour cream Yoghurt
<b>Cheese</b>	
Brie Camembert Cheddar Cottage cheese Feta Mozzarella Parmesan Swiss	Cream cheese Ricotta cheese
<b>Condiments</b>	
Barbeque sauce Chutney (1 tbsp max) Garlic infused oil Golden syrup Strawberry jam / jelly Mayonnaise Mustard Soy sauce Tomato sauce	Hommus dip Jam (mixed berries) Pasta sauce (cream based) Relish Tzatziki dip
<b>Sweeteners</b>	
Aspartame Acesulfame K Glucose Saccharine Stevia Sucralose Sugar / sucrose	Agave High Fructose Corn Syrup (HFCS) Honey Inulin Isomalt Maltitol Mannitol Sorbitol Xylitol
<b>Drinks</b>	
Beer (one max) Coffee, black Drinking chocolate powder Herbal tea (weak) Orange juice (125ml max) Peppermint tea Water Wine (one max)	Coconut water Apple juice Pear juice Mango juice Sodas with HFCS Fennel tea Herbal tea (strong)