## Foods suitable on a low-fodmap diet

## grain foods fruit milk products vegetables other fruit vegetables cereals milk tofu banana, blueberry, alfalfa, bamboo shoots, gluten-free bread or lactose-free milk\*. sweeteners boysenberry, bean shoots, bok choy, cereal products oat milk\*, rice milk\*, sugar\* (sucrose). canteloupe, cranberry, carrot, celery, choko, soy milk\* bread glucose, artificial durian, grape, choy sum, endive, \*check for additives 100% spelt bread sweeteners not grapefruit, honeydew ginger, green beans, ending in '-ol' rice cheeses melon, kiwifruit, lemon, lettuce, olives, parsnip, hard cheeses, and brie honey substitutes oats lime, mandarin, orange, potato, pumpkin, red and camembert golden syrup\*, passionfruit, pawpaw, capsicum (bell pepper). polenta maple syrup\*, yoghurt raspberry, rhubarb, silver beet, spinach, other molasses, treacle lactose-free varieties rockmelon, star anise, squash, swede, sweet arrowroot, millet, small quantities strawberry, tangelo potato, taro, tomato, ice-cream psyllium, quinoa, Note: if fruit is dried, eat in turnip, yam, zucchini substitutes sorgum, tapioca small quantities gelati, sorbet herbs basil, chili, coriander, butter substitutes ginger, lemongrass, olive oil marjoram, mint, oregano, parsley, rosemary, thyme

## Eliminate foods containing fodmaps

## excess fructose lactose fructans galactans polyols milk fruit vegetables legumes fruit milk from cows, goats apple, mango, nashi, artichoke, asparagus, baked beans, apple, apricot, avocado, pear, tinned fruit or sheep, custard, beetroot, broccoli, chickpeas, blackberry, cherry, kidney beans, longon, lychee, nashi, in natural juice, ice cream, yoghurt brussels sprouts, watermelon cabbage, eggplant, lentils, nectarine, peach, pear, cheeses fennel, garlic, leek, soy beans plum, prune, watermelon sweeteners soft unripened cheeses okra, onion (all), fructose, high fructose eg. cottage, cream, vegetables shallots, spring onion mascarpone, ricotta cauliflower, green corn syrup capsicum (bell pepper), cereals large total wheat and rye, in large mushroom, sweet corn fructose dose amounts eg. bread, concentrated fruit sweeteners crackers, cookies, sources, large serves sorbitol (420) couscous, pasta of fruit, dried fruit, mannitol (421) fruit juice fruit isomalt (953) custard apple. maltitol (965) honey persimmon, xylitol (967) corn syrup, fruisana watermelon miscellaneous chicory, dandelion, inulin, pistachio