# Foods suitable on a low-fodmap diet

# fruit

# vegetables

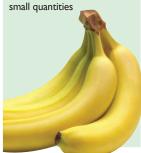
# grain foods milk products

# other

### fruit

banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo

Note: if fruit is dried, eat in small quantities



# vegetables

alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini

#### herbs

basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme

#### cereals

gluten-free bread or cereal products

# bread

100% spelt bread

# rice

# oats

# polenta

# other

arrowroot, millet, psyllium, quinoa, sorgum, tapioca



### milk

lactose-free milk\*, oat milk\*, rice milk\*, soy milk\*

\*check for additives

### cheeses

hard cheeses, and brie and camembert

# yoghurt

lactose-free varieties

ice-cream substitutes gelati, sorbet

**butter substitutes** olive oil

### tofu

# sweeteners

sugar\* (sucrose), glucose, artificial sweeteners not ending in '-ol'

# honey substitutes

golden syrup\*, maple syrup\*, molasses, treacle

\*small quantities



# Eliminate foods containing fodmaps

# fruit

apple, mango, nashi, pear, tinned fruit in natural juice, watermelon

excess fructose

### sweeteners

fructose, high fructose corn syrup

# large total fructose dose

concentrated fruit sources, large serves of fruit, dried fruit, fruit juice



# lactose fructans

milk from cows, goats or sheep, custard, ice cream, yoghurt

# cheeses

milk

soft unripened cheeses eg. cottage, cream, mascarpone, ricotta

# vegetables

artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion

### cereals

wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta

# fruit

custard apple, persimmon, watermelon

# miscellaneous

chicory, dandelion, inulin, pistachio

# galactans

**legumes** 

baked beans, chickpeas, kidney beans, lentils, soy beans



### fruit

apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon

polyols

### vegetables

cauliflower, green capsicum (bell pepper), mushroom, sweet corn

# sweeteners

sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967)

