

Foods Suitable on a Low-Fodmap Diet

Fruit	Vegetables	Grain Food	Milk Products	Other
<p>Fruit Banana, blueberry, boysenberry, cantaloupe, cranberry, Durian, grape, grapefruit, honeydew, melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p>	<p>Vegetables Alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, eggplant, 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</p> <p>Herbs Basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p>Cereals Gluten-free bread or cereal products</p> <p>Bread 100% spelt bread</p> <p>Rice</p> <p>Oats</p> <p>Polenta</p> <p>Other Arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p>	<p>Milk Lactose-free milk*, oat milk*, rice milk*, soy milk* <i>*Check for additives</i></p> <p>Cheese Hard cheeses, and brie and camembert</p> <p>Yoghurt Lactose-free variety</p> <p>Ice Cream Substitutes Gelati, sorbert</p> <p>Butter Substitutes Olice oil</p>	<p>Tofu</p> <p>Sweeteners Sugar* (Sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>Honey Substitutes Golden syrup*, maple syrup*, molasses, treacle</p> <p><i>*Small quantities</i></p>

Eliminate Foods Containing Fodmaps

Excess Fructose	Lactose	Fructans	Galactans	Polyols
<p>Fruit Apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>Sweeteners Fructose, high fructose corn syrup</p> <p>Large Total Fructose Dose Concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>Honey Corn syrup, fruisana</p>	<p>Milk Milk from cows, goats, or sheep, custard, ice cream, yoghurt</p> <p>Cheese Soft unripened cheeses. Ex: cottage, cream, mascarpone, ricotta</p>	<p>Vegetables Artichoke, asparagus, beetroot, broccoli, brussels, sprouts, cabbage, fennell, garlic, leek, okra, onion (all), shallots, spring onion</p> <p>Cereals Wheat and rye, in large amounts ex. Bread, crackers, cookies, couscous, pasta</p> <p>Fruits Custard apple, persimmon, watermelon</p> <p>Miscellaneous Chicory, dandelion, inulin, pistachio</p>	<p>Legumes Baked beans, chickpeas, kidney beans, lentils, soy beans</p>	<p>Fruit Apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>Vegetables Cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p>Sweeteners Sorbitol (420) Mannitol (421) Isomalt (953) Maltitol (965) Xylitol (967)</p>