

High FODMAP (foods to avoid)

<p><u>Vegetables and Legumes</u></p> <ul style="list-style-type: none"> Garlic Onions Artichoke Asparagus Baked beans Beetroot Black eyed peas Broad beans Butter beans Cauliflower Celery – greater than 5cm of stalk Kidney beans Leeks Mange Tout Mushrooms Peas Savoy Cabbage Soy beans Split peas Spring onions (bulb / white part) Shallots 	<p><u>Fruit</u></p> <ul style="list-style-type: none"> Apples Apricots Avocado Blackberries Cherries Currants Dates Figs Grapefruit Lychee Mango Nectarines Peaches Pears Plums Pomegranate Prunes Raisins Tinned fruit in apple / pear juice Watermelon
<p><u>Meats, Poultry and Meat Substitutes</u></p> <ul style="list-style-type: none"> Chorizo Sausages Processed meat – check ingredients 	<p><u>Grains and Nuts</u></p> <ul style="list-style-type: none"> Biscuits Breadcrumbs Cashews Cakes Croissants Crumpets Egg noodles Muffins Regular noodles Pastries Pasta made from wheat Sourdough Udon noodles Wheat bread Wheat cereals Wheat flour Wheat rolls

	Wheatgerm Barley Bran cereals Couscous Gnocchi Muesli Pistachios Rye Semolina
<u>Condiments, Sweets, Sweeteners and Spreads</u> Agave Fructose Gravy, if it contains onion High fructose corn syrup (HFCS) Honey Milk chocolate Relish Stock cubes Sugar free sweets containing polyols – usually ending in -ol or isomalt Inulin Isomalt Maltitol Mannitol Sorbitol Xylitol	<u>Prebiotic Foods</u> FOS – fructooligosaccharides Inulin Oligofructose
<u>Drinks</u> Beer Dandelion tea Fruit and herbal teas with apple added Fruit juices in large quantities Fruit juices made of apple, pear, mango Orange juice in quantities over 100ml Rum Sodas containing High Fructose Corn Syrup (HFCS) Soy milk made with soy beans Sports drinks Tea, fennel Tea, chamomile Tea, oolong Wine	<u>Dairy Foods</u> Buttermilk Cream cheese Cream Custard Ice cream Milk – cow, goat and sheep Sour cream Yoghurt – including Greek yogurt

Low FODMAP (foods to include)

<u>Vegetables and Legumes</u>	<u>Fruit</u>
Alfalfa	Bananas
Bamboo shoots	Blueberries
Bean sprouts	Boysenberry
Bok choy / pak choi	Cantaloupe
Broccoli – avoid large servings	Cranberry
Brussel sprouts – 1 serving of 2 sprouts	Clementine
Butternut squash – 1/4 cup	Dragonfruit
Cabbage – 1 serving of 1 cup	Grapes
Carrots	Honeydew and Galia melons
Celery – less than 5cm of stalk	Kiwifruit
Collard greens	Lemon including lemon juice
Corn / sweet corn- if tolerable and only in small amounts – 1/2 cob	Lime
Courgette	Mandarin
Chick peas – 1/4 cup	Orange
Chilli – if tolerable	Passion fruit
Chives	Paw paw
Cucumber	Papaya
Aubergine	Pineapple
Fennel	Raspberry
Green beans	Rhubarb
Green pepper (green bell pepper)	Strawberry
Ginger	
Kale	
Leek leaves	
Lentils – in small amounts	
Lettuce	
Marrow	
Okra	
Olives	
Parsnip	
Radish	
Red peppers (red bell pepper)	
Potato	
Pumpkin	
Pumpkin, canned – 1/4 cup, 2.2 oz	
Scallions / spring onions (green part)	
Silverbeet / chard	
Spaghetti squash	

<p>Spinach, baby Squash Swede Sweet potato – 1/2 cup Tomato – avoid cherry tomato Turnip Courgette</p>	
<p><u>Meats, Poultry and Meat Substitutes</u> Chicken Beef Lamb Pork Prosciutto Quorn, mince Turkey Cold cuts / deli meat / cold meats such as ham and turkey breast</p> <p><u>Fish and Seafood</u> Canned tuna Fresh fish e.g. Salmon Cod Haddock Plaice Trout Seafood (ensuring nothing else is added) e.g. Crab Lobster Shrimp Mussels Oysters</p>	<p><u>Grains and Nuts</u> Wheat free or gluten free breads Bread made from oats, rice, corn, and potato flours Wheat free or gluten free pasta Buckwheat noodles Rice noodles Porridge and oat based cereals Cornflakes – 1/2 cup Rice bran Rice Krispies Almonds – max of 15 Amaranth Brazil nuts Bulgur – 1/4 cup cooked, 44g serving Buckwheat Buckwheat flour Brown rice / whole grain rice Cornflour / maize Crispbread Corncakes Coconut – milk, cream, flesh Corn tortillas, 3 tortillas Hazelnuts – max of 15 Macadamia – max of 10 Millet Oats Oatcakes Peanuts Pecans – max of 15 Pine nuts – max of 15 Polenta Popcorn Potato chips, plain Potato flour Pumpkin seeds – max of 1 – 2 tbsp</p>

	<p>Quinoa Rice cakes Rice crackers Rice flour Sesame seeds – max of 1 – 2 tbsp Spelt Sunflower seeds – max of 1 – 2 tbsp Tortilla chips Walnuts – max of 10 White rice</p>
<p><u>Condiments, Sweets, Sweeteners and Spreads</u> Aspartame Acesulfame K Barbecue sauce Chocolate, dark Chutney, 1 tablespoon Fish sauce Garlic infused oil Golden syrup Glucose Jam / jelly, strawberry Ketchup (USA) – 1 sachet Maple syrup Marmalade Mayonnaise – ensuring no garlic or onion in ingredients Mustard Olive oil Oyster sauce Pesto sauce – less than 1 tbsp Peanut butter Saccharine Soy sauce Stevia Sweet and sour sauce Sucralose Sugar – also called sucrose Tomato sauce (outside USA) – 2 sachets, 13g Marmite Vinegar, balsamic – less than 2 tbsp Vinegar, rice wine Worcestershire sauce</p>	<p><u>Cooking ingredients, Herbs and Spices</u> Herbs: Basil, Coriander, Mint, Oregano, Parsley, Rosemary, Tarragon, Thyme Spices: All spice, Cinnamon, Cumin, Five spice, Paprika, Turmeric Baking powder Baking soda Cocoa powder Cream, 1/2 cup Gelatine Ghee Icing sugar Lard Salt Vegetable oil</p>

<p><u>Drinks</u></p> <p>Alcohol – is an irritant to the gut, limited intake advised:</p> <p>Beer – limited to one drink</p> <p>Clear spirits such as Vodka</p> <p>Gin</p> <p>Whiskey</p> <p>Wine – limited to one drink</p> <p>Coffee, espresso, regular or decaffeinated, black</p> <p>Coffee, espresso, regular or decaffeinated, with up to 250ml lactose free milk</p> <p>Coffee, instant, regular or decaffeinated, black</p> <p>Coffee, instant, regular or decaffeinated, with up to 250ml lactose free milk</p> <p>Espresso, regular, black</p> <p>Fruit juice, 125ml and safe fruits only</p> <p>Lemonade – in low quantities</p> <p>Soya milk made with soy protein</p> <p>Sugar free fizzy drinks / soft drinks / soda – such as diet coke, in low quantities as aspartame and acesulfame k can be irritants</p> <p>‘Sugar’ fizzy drinks / soft drinks / soda that do not contain HFCS such as lemonade, cola. Limit intake due to these drinks being generally unhealthy and can cause gut irritation</p> <p>Tea, black, weak e.g. PG Tips</p> <p>Tea, chai, weak</p> <p>Tea, fruit and herbal, weak – ensure no apple added</p> <p>Tea, green</p> <p>Tea, peppermint</p> <p>Tea, white</p> <p>Water</p>	<p><u>Dairy Foods</u></p> <p>Butter</p> <p>Cheese, brie</p> <p>Cheese, camembert</p> <p>Cheese, cheddar</p> <p>Cheese, cottage</p> <p>Cheese, feta</p> <p>Cheese, goat / chevre</p> <p>Cheese, mozzarella</p> <p>Cheese, ricotta – 2 tablespoons</p> <p>Cheese, swiss</p> <p>Dairy free chocolate pudding</p> <p>Eggs</p> <p>Lactose free milk</p> <p>Lactose free yoghurt</p> <p>Margarine</p> <p>Oat milk</p> <p>Parmesan cheese</p> <p>Rice milk</p> <p>Sorbet</p> <p>Soy protein (avoid soya beans)</p> <p>Swiss cheese</p> <p>Tempeh</p> <p>Tofu</p> <p>Whipped cream</p>
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