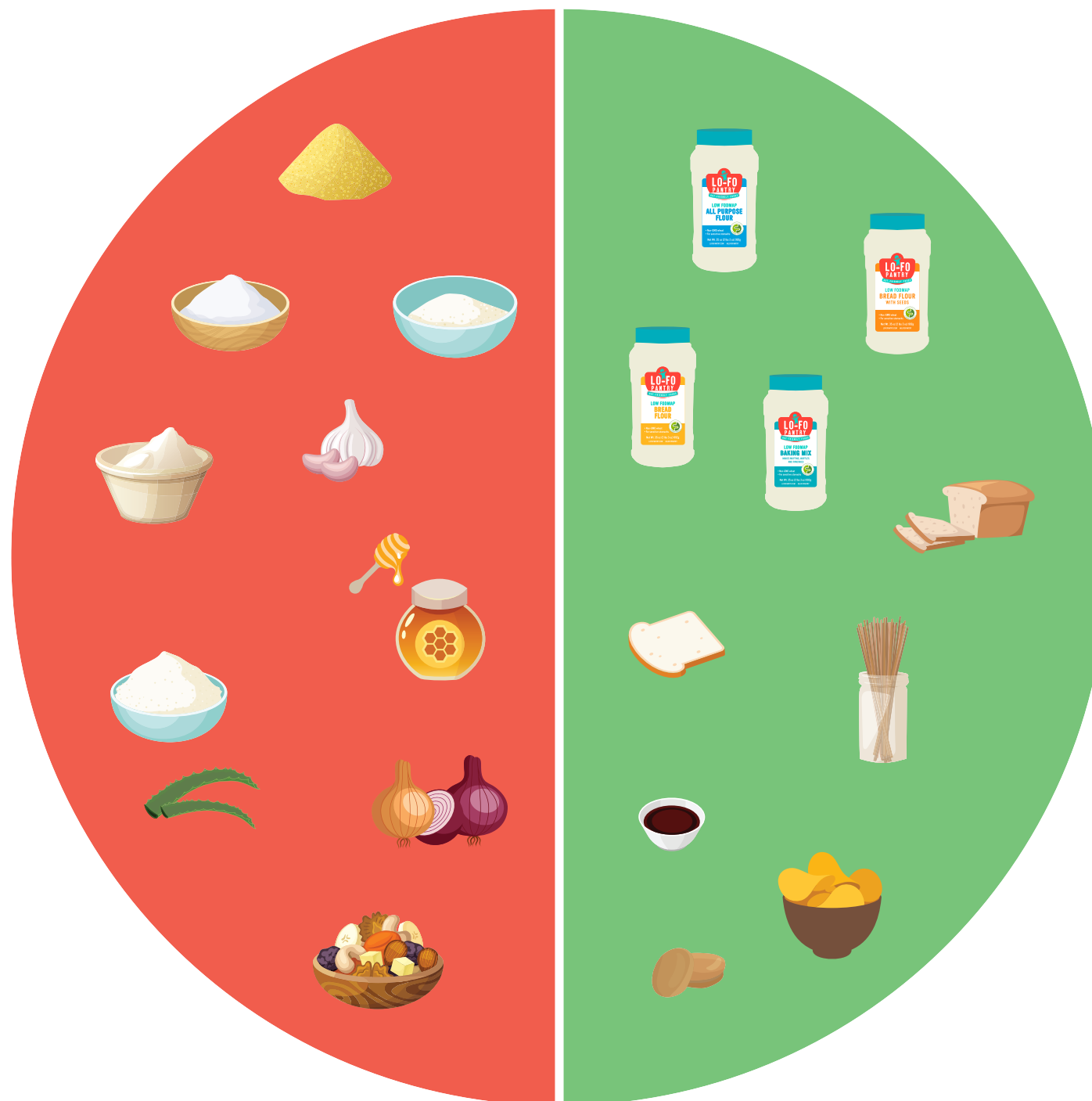


Gluten free foods that are high FODMAP

- Besan/Chick pea/Gram flour
- Lupin flour
- Coconut flour
- Soy flour
- Inulin/chicory/vegetable fibre
- Sugar alcohols e.g. sorbitol
- Honey
- Agave
- Dried fruit
- Onion
- Garlic
- High Fructose corn syrup
- Fructose
- Certain fruits and vegetables



Gluten containing foods that are low FODMAP

- All products made with
 - Lo-Fo Pantry Bread Flour
 - Lo-Fo Pantry All Purpose Flour,
 - Lo-Fo Pantry Bread Flour with Seeds,
 - Lo-Fo Pantry Baking Mix
- Spelt and wheat sourdough breads
- 2 tablespoons of soy sauce
- Small serves of sauces & marinades
- 1 slice of plain white wheat bread
- ½ cup wheat pasta
- 2 plain wheat cookies/crackers
- Plain salted potato chips