

High and Low FODMAP Foods*

FODMAPs are a collection of short chain carbohydrates and sugar alcohols found in foods naturally or as food additives. FODMAPs include fructose (when in excess of glucose), fructans, galacto-oligosaccharides (GOS), lactose and polyols (eg. sorbitol and mannitol). Below are examples of high and low FODMAP foods.

● Enjoy Low FODMAP foods ● Avoid High FODMAP foods

Fruits

Bananas (firm), blueberries, strawberries, raspberries, citrus, kiwifruit, cantaloupe, honey dew melon

Vegetables

Carrots, bell peppers, parsnip, eggplant, lettuce, tomato, pumpkin, lettuce, cucumber
Fresh and dried herbs & spices
Green part of leek or spring onion

Bread & cereals

Lo-Fo Pantry Bread Flour
Lo-Fo Pantry All Purpose Flour
Lo-Fo Pantry Bread Flour with Seeds
Lo-Fo Pantry Baking Mix
Gluten free bread, sourdough bread
Gluten free pasta, rice, rice noodles, quinoa, polenta
Rice and corn based crackers, Corn/rice flakes, porridge/muesli (no dried fruit)

Milk & milk products

'Lactose free' milk, yoghurt and ice cream, Hard / set cheeses, Soy milk and ice cream (if made with soy protein)
Pea, rice & almond milk (choose calcium fortified brand)

Meat & legumes

Plain meat, chicken, fish & eggs
Ham, salami, bacon, tinned fish, sushi
¼ cup serves of canned chick peas/butter beans
½ cup serves of canned lentils
Nuts – 1-2 handfuls, peanut butter

Drinks and snack foods

Tea, coffee, water, plain mineral water, cranberry juice
Wine, beer (1-2 standard drinks), herbal tea
Sugar, maple syrup, equal, sucralose, rice malt syrup
Dark chocolate, milk chocolate (up to 4 squares), small serve of lollies (e.g. jelly beans/snakes)
Plain salted potato/corn chips, rice crackers, popcorn
Fruit free muesli bars (no honey or inulin)

Fruits

Apple, mango, pear, peaches, nectarines, cherries, plums, watermelon
Most dried fruit and fruit juice

Vegetables

Cauliflower, mushrooms, Onion, garlic, leek & spring onion (white part)
Onion & garlic powder in products

Bread & cereals

Wheat and rye based breads
Wheat pasta, noodles and cous cous
Wheat, bran and barley based breakfast cereals
Muesli and cereals with honey and/or dried fruit

Milk & milk products

Milk (including goat and sheep milks)
Regular yoghurt, ice cream, custard, evaporated milk, sweetened condensed milk
Soy milk made from whole soy beans, large serves of coconut & oat milk

Meat & legumes

Meat/sausages/curries/burgers/Bolognes e/soups that have onion/garlic as ingredients
Kidney beans, black beans, baked beans, split peas
cashews, pistachios

Drinks and snack foods

Juice and juice concentrates
Cider, rum, fortified or sticky wine
Honey, agave, fruit sugar, sugar free lollies & gum
Inulin (often found in 'high fibre' foods)
Flavoured chips and rice crackers, Cuppa Soups, 2 Minute Noodles
Dried fruit, pistachios, cashews