

High FODMAPS – avoid/reduce	
<b>Grains</b>	
Any made with gluten – wheat, barley, rye, spelt	
<b>Dairy</b>	
High lactose dairy: buttermilk, chocolate, creamy/cheesy sauces, custard, ice-cream, cow’s milk, goat’s milk, soft cheese, sour cream	
<b>Vegetables and Legumes</b>	<b>Fruit</b>
Garlic – avoid entirely	Apples
Onions – avoid entirely	Apricots
Artichoke	Avocado – no more than ½ per day
Asparagus	Cherries
Beetroot	Dates
Butterbeans	Figs
Cauliflower	Grapefruit
Celery – greater than 5cm stalk	Lychee
Kidney beans	Mango
Leeks	Nectarines
Mange tout	Peaches

Mushrooms	Pears
Peas	Prunes
Spring onions	Raisins
Shallots	Watermelon
<b>Nuts</b>	<b>Sweeteners</b>
Cashews	Agave
Pistachios	Fructose
	Honey (limit)
	Sorbitol
	Xylitol
<b>Prebiotic foods</b>	<b>Drinks</b>
FOS – fructooligosaccharides	Any fruit/herbal tea with apple
Inulin	Fruit juice
Oligofructose	Sports drinks
	Tea, fennel
	Tea, chamomile
	Tea, oolong
	Wine – limit to 1 glass

**Low FODMAPS – enjoy**

**Grains**

Gluten-free (made with gluten-free oats, quinoa, rice, tapioca, corn)

**Dairy**

Lactose-free dairy, lactose-free yoghurt

**Vegetables and Legumes**

**Fruit**

Bean sprouts

Bok choy

Broccoli – avoid large servings

Brussel sprouts – limit

Butternut squash – ¼ cup

Cabbage – 1 cup

Carrots

Corn – organic

Courgettes

Chickpeas (1/4 cup)

Chilli

Cucumber

Eggplant

Bananas

Blueberries

Cantaloupe

Cranberry

Clementine

Grapes

Honeydew

Kiwifruit

Lemon

Lime

Orange

Pawpaw

Papaya

Fennel	Pineapple
Green Beans	Raspberry
Green pepper	Rhubarb
Ginger	Strawberry
Kale	
Lettuce	
Olives	
Parsnip	
Radish	
Red pepper	
Potato	
Pumpkin	
Spinach, baby	
Sweet potato – ½ cup	
Tomato – limit cherry	
<b>Nuts</b>	<b>Sweeteners</b>
Brazil	Maple syrup
Coconut	Stevia
Hazelnut	
Pecans	

Pine nuts	
Pumpkin seeds	
Sesame seeds	
Sunflower seeds	
Walnuts	
<b>Drinks</b>	
Coffee	
Nut milks	
Tea, black weak	
Tea, herbal weak	
Tea, peppermint	
Water	