

High FODMAPS – avoid/reduce	
Grains	
Any made with gluten – wheat, barley, rye, spelt	
Dairy	
High lactose dairy: buttermilk, chocolate, creamy/cheesy sauces, custard, ice-cream, cow's milk, goat's milk, soft cheese, sour cream	
Vegetables and Legumes	Fruit
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 Peas Spring onions Shallots	Pears Prunes Raisins Watermelon
Nuts	Sweeteners
Cashews Pistachios	Agave Fructose Honey (limit) Sorbitol Xylitol
Prebiotic foods	Drinks
FOS – fructooligosaccharides Inulin Oligofructose	Any fruit/herbal tea with apple Fruit juice 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	Bananas
Bok choy	Blueberries
Broccoli – avoid large servings	Cantaloupe
Brussel sprouts – limit	Cranberry
Butternut squash – ¼ cup	Clementine
Cabbage – 1 cup	Grapes
Carrots	Honeydew
Corn – organic	Kiwifruit
Courgettes	Lemon
Chickpeas (1/4 cup)	Lime
Chilli	Orange
Cucumber	Pawpaw
Eggplant	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	
Nuts	Sweeteners
Brazil	Maple syrup
Coconut	Stevia
Hazelnut	
Pecans	

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