








## COMMON FOODS CONTAINING FODMAPs

EXCESS FRUCTOSE	LACTOSE	FRUCTANS	GALACTANS	POLYOLS
<p>&gt; <b>Fruits</b> apples, pears, nashi, mangoes, tinned fruit in natural juice, watermelon</p> <p>&gt; <b>Sweeteners</b> fructose, high fructose corn syrup</p> <p>&gt; <b>Large total fructose dose</b> concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>&gt; <b>Honey</b></p> 	<p>&gt; <b>Milk</b> cows', goats' and sheeps' milk, yoghurt, ice cream</p> <p>&gt; <b>Cheeses</b> soft and fresh (eg. ricotta, cottage)</p> 	<p>&gt; <b>Vegetables</b> artichokes, beetroot, asparagus, Brussels sprouts, cabbage, fennel, garlic, leeks, okra, onions, spring onions (white part), shallots</p> <p>&gt; <b>Cereals</b> wheat and rye when eaten in large amounts (eg. bread, pasta, couscous, crackers, biscuits)</p> <p>&gt; <b>Fruits</b> watermelon, custard apples, persimmons</p>	<p>&gt; <b>Legumes</b> chickpeas, lentils, red kidney beans, baked beans</p> 	<p>&gt; <b>Fruits</b> apples, apricots, cherries, lychees, nashi, nectarines, pears, peaches, plums, prunes, watermelon</p> <p>&gt; <b>Vegetables</b> avocados, mushrooms</p> <p>&gt; <b>Sweeteners</b> sorbitol (420), mannitol (421), xylitol (967), maltitol (965), isomalt (953)</p> 

## ✓ SUITABLE ON A LOW-FODMAP DIET

FRUIT	VEGETABLES	MILK PRODUCTS	GRAIN FOODS	OTHERS
<p>&gt; <b>Fruit</b> bananas, grapefruit, blueberries, grapes, honeydew melons, kiwifruit, lemons, limes, mandarin, oranges, pawpaw, passionfruit, tangelos, raspberries, rock-melons, strawberries, tangelos</p> 	<p>&gt; <b>Vegetables</b> bamboo shoots, bok choy, carrots, celery, capsicums, chokos, choy sum, corn, eggplant, green beans, lettuce, chives, parsnips, pumpkins, silver beet, spring onions (green part only), tomatoes</p> <p>&gt; <b>Onion/garlic substitutes</b> garlic-infused oil</p>	<p>&gt; <b>Milk</b> lactose-free, rice milk</p> <p>&gt; <b>Cheeses</b> 'hard' cheeses, and brie and camembert</p> <p>&gt; <b>Yoghurt</b> lactose-free</p> <p>&gt; <b>Ice-cream substitutes</b> gelati, sorbet</p> <p>&gt; <b>Butter substitutes</b> milk-free spread</p> 	<p>&gt; <b>Cereals</b> gluten-free bread/ cereal products</p> <p>&gt; <b>Bread</b> 100% spelt bread</p> <p>&gt; <b>Rice</b></p> <p>&gt; <b>Corn</b></p> <p>&gt; <b>Oats</b></p> <p>&gt; <b>Polenta</b></p> 	<p>&gt; <b>Sweeteners</b> sugar (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>&gt; <b>Honey substitutes</b> maple syrup, golden syrup</p> 