

# High FODMAP Foods (avoid/reduce)

## Vegetables and Legumes

- Garlic – avoid entirely if possible
- Onions – avoid entirely if possible
- Artichoke
- Asparagus
- Baked beans
- Beetroot
- Black beans
- Black eyed peas
- Broad beans
- Butter beans
- Cassava
- Cauliflower
- Celery – greater than 5 cm of stalk
- Cho Cho
- Choko
- Falafel
- Haricot beans
- Kidney beans
- Lima beans
- Leek bulb
- Mange Tout
- Mushrooms
- Peas, snow and sugar snap
- Red kidney beans
- Savoy Cabbage
- Soy beans/ soya beans
- Split peas
- Scallions/ spring onions (bulb/ white part)
- Shallots
- Taro

## Fruits – can contain high fructose

- Apples
- Apricots
- Avocado
- Blackberries
- Boysenberry
- Cherries
- Currants
- Custard apple
- Dates
- Feijoa
- Figs
- Goji berries
- Grapefruit
- Lychee
- Mango
- Nectarines
- Paw paw, dried
- Peaches
- Pears
- Persimmon
- Pineapple, dried
- Plums
- Pomegranate
- Prunes
- Raisins
- Sultanas
- Tamarillo
- Tinned fruit in apple/pear juice
- Watermelon

## Dairy Foods

- Buttermilk
- Cheese, cream
- Cheese, halmoumi
- Cheese, ricotta
- Cream
- Custard
- Gelato
- Ice cream
- Kefir
- Milk-cow, goat and sheep
- Milk, evaporated
- Milk, rice
- Sour cream
- Yogurt – including greek yogurt

## Meats, Poultry and Meat Substitutes

- Chorizo
- Sausages
- Processed meat – check ingredients

## Prebiotic foods- The following items can be added to yogurts, snack bars etc.

- FOS – fructooligosaccharides
- Inulin
- Oligofructose

## Cooking Ingredients

- Carob powder

# High FODMAP Foods (avoid/reduce)

## Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes

- Wheat containing products (check labels)
- Biscuits including chocolate chip biscuits
- Bread, wheat
- Breadcrumbs
- Cakes
- Cereal bar, wheat based
- Croissants
- Crumpets
- Egg noodles
- Muffins
- Pastries
- Pasta made from wheat
- Udon noodles
- Wheat bran
- Wheat cereals
- Wheat flour
- Wheat noodles
- Wheat rolls
- Wheat germ
- Almond meal
- Amaranth flour
- Barley including flour
- Bran cereals
- Bread, multigrain
- Bread, naan, roti
- Bread, oatmeal
- Bread, pumpnickel
- Bread, sourdough with kamut
- Cashews
- Cereal bar
- Cous cous
- Einkorn flour
- Freekeh
- Gnocchi
- Granola bar
- Muesli cereal
- Muesli bar
- Pistachios
- Rye
- Rye crispbread
- Semolina
- Spelt flour

## Condiments, Dips, Sweeteners and Spreads

- Agave
- Caviar dip
- Fructose
- Fruit bar
- Gravy, if it contains onion
- High fructose corn syrup (HFCS)
- Hummus/ houmous
- Honey
- Jam, mixed berries
- Jam, strawberry, if contains HFCS
- Pesto sauce
- Quince paste
- Relish/ vegetable pickle
- Stock cubes
- Sugar free sweets containing polyols – usually ending in – ol or isomalt
- Inulin
- Isomalt
- Maltitol
- Mannitol
- Sorbitol
- Xylitol
- Tahini paste
- Tzatziki dip

## Drinks

- Beer – if drinking more than one bottle
- Coconut water
- Cordial, apple and raspberry with 50-100% real juice
- Cordial, orange with 25-50% real juice
- Dandelion tea
- Fruit and herbal teas with apple added
- Fruit juices in large quantities
- Fruit juices made of apple, pear mango
- Orange juice in quantities over 100ml
- Rum
- Sodas containing High Fructose Corn Syrup (HFCS)
- Soy milk made with soy beans – commonly found in USA
- Sports drinks
- Tea, black with added soy milk
- Tea, chai, strong
- Tea, dandelion, strong
- Tea, fennel
- Tea, chamomile
- Tea, herbal, strong
- Tea, oolong
- Wine – if drinking more than one glass