



# The Low FODMAPs Diet Chart

Type of food	High in FODMAPs	Low in FODMAPs
	Eliminate foods containing FODMAPs	Foods suitable on a Low-FODMAP diet
<b>Milk</b>	Milk: Cow, Sheep, Goat, Soy Creamy soups made with milk Evaporated milk Sweetened condensed milk	Milk: Almond, Coconut, Hazelnut, Hemp, Rice Lactose free cow's milk Lactose free kefir Lactose free ice cream (non-dairy alternatives) Purchase lactase enzyme to make your own evaporated or condensed milk if needed
<b>Yogurt</b>	Cow's milk yogurt (Greek yogurt is lowest in FODMAPs) Soy yogurt	Coconut milk yogurt
<b>Cheese</b>	Cottage cheese Ricotta cheese Mascarpone cheese	Hard cheeses including cheddar, Swiss, brie, blue cheese, mozzarella, parmesan, and feta No more than 2 tablespoons ricotta or cottage cheese Lactose free cottage cheese
<b>Dairy based condiments</b>	Sour cream Whipping cream	<b>Butter-limited amounts</b> <b>Half and Half- limited amounts</b> <b>Cream cheese- limited amounts</b>
<b>Dairy based desserts</b>	Ice Cream Frozen yogurt Sherbet	Sorbet from FODMAPs friendly fruit
<b>Fruit</b>	Apples, Pears Cherries, Raspberries, Blackberries Watermelon Nectarines, White peaches, Apricots, Plums, Peaches Prunes Mango, Papaya Persimmon Orange juice Canned fruit Boysenberries Figs Grapefruit Large portions of any fruit	Banana Blueberries, Strawberries Cantaloupe, Honeydew-portion control Grapefruit, Lemon, Lime Grapes-portion control Kiwi, Pineapple Rhubarb Tangelos, Clementine, Oranges Coconut Papaya passion fruit Less than ¼ avocado-portion control Less than 1 tablespoon dried fruit portion control

		<i>Limit consumption to one low FODMAPs fruit per meal. Consume ripe fruit (firm, less-ripe fruit contains more fructose).</i>
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<b>Vegetables</b>	<p>Artichokes  Asparagus  Sugar snap peas  Cabbage  Onions  Shallot  Leek  Onion and garlic salt powders  Garlic  Cauliflower  Mushrooms  Pumpkin  Green peppers  Lentils</p>	<p>Arugula  Bok choy, Bean sprouts  Red bell pepper  Lettuce, Spinach, Endive, Kale  Carrots  Chives, Spring onion (green part only)  Tomato, Potatoes  Common cabbage  Cucumber  Fennel bulb  Green beans  Eggplant  Garlic infused oil; purchase flavored oil or sauté an onion and garlic in oil and then discard the onion and garlic  Water chestnuts  Less than 1 stick of celery  Less than ½ cup sweet potato fennel  Less than 10 snow peas  Limited amounts -gas producing  Broccoli-less than ½ cup  Brussels sprouts-less than ½ cup  Green peas-less than 1/3 cup  Butternut squash-less than ¼ cup  Beets-less than 4 slices  Sweet potato-less than 1/2cup</p>
<b>Grains</b>	<p>Wheat  Rye  Barley-large quantities  Spelt</p>	<p>Brown rice  Oats, oat bran  Quinoa  Corn  Gluten-free bread, cereals, pastas and crackers without honey, apple/pear juice, agave or HFCS, rice cakes, potato/tortilla chips  Namaste Food Perfect Flour Blend or King Arthur Gluten Free  Multi-purpose flour</p>

<b>Legumes</b>	Chickpeas, Hummus Kidney beans, Baked beans Edamame Lentils Soymilk	Tofu Peanuts
<b>Nuts and Seeds</b>	Pistachios Cashews	10-15 or 1-2 tablespoons: Almonds, Macadamia, Pecans, Pine nuts, Walnuts, Pumpkin seed, Sesame seeds, Sunflower seeds
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<b>Sweeteners</b>	Honey Agave High fructose corn syrup (HFCS) Sorbitol, Mannitol, Maltitol Splenda (may alter friendly gut flora) Xylitol- Sugar free gum, mints, cough drops and some medications	Sugar Glucose, Sucrose Pure maple syrup Aspartame
<b>Additives</b>	Inulin (found in yogurt), kefir, cereals and other foods with added fiber FOS (fructo-oligosaccharides) Sugar alcohols (see sweeteners) Chicory root	
<b>Protein-rich food</b>		Fish, Chicken, Turkey, Eggs, Meat, Tofu
<b>Fat-rich food</b>		Olive and canola oil Olives Less than ¼ avocado