

Low FODMAP Guide

The **Low FODMAP Diet** is designed to **help reduce bloating, gas, and stomach discomfort** by **limiting certain carbohydrates** that can be hard to digest. Use this guide to see which foods are **low FODMAP (friendly for your gut)** and which are **high FODMAP (best to limit or avoid)**.

Low FODMAP

Fruits: Banana, blueberry, mandarin, orange, pineapple, kiwi fruit, passionfruit, grapes, honeydew melon

Vegetables: Carrot, celery, lettuce, eggplant, zucchini, green beans, bok choy, cucumber, capsicum, potatoes, tomatoes, spinach, parsnip

Dairy: Lactose-free milk, hard cheeses (cheddar, parmesan), feta, camembert, lactose-free yogurt, almond or rice milk

Grains: Gluten-free bread and cereals, rice, quinoa, sourdough spelt bread, corn pasta

Proteins: Eggs, meat (beef, chicken, pork, fish), tofu (firm), shellfish

Sweeteners: Maple syrup, golden syrup, sucrose (table sugar)

Others: Garlic-infused oil (no garlic pieces), coffee, tea, herbs and spices not containing onion or garlic

High FODMAP

Fruits: Apples, pears, peaches, cherries, mango, watermelon, apricots, blackberries, nectarines

Vegetables: Onion, garlic, asparagus, cauliflower, mushrooms, artichoke, snow peas, Brussels sprouts, cabbage

Dairy: Milk (cow, goat, sheep), yogurt, soft cheeses (ricotta, cottage cheese), ice cream

Grains: Wheat, rye, barley, regular pasta, couscous, most commercial baked goods containing wheat

Legumes: Baked beans, kidney beans, lentils (in larger amounts)

Sweeteners: Honey, high fructose corn syrup, sorbitol, mannitol, xylitol, maltitol

Others: Certain processed foods containing high FODMAP ingredients or sweeteners ending in "-ol"