

Low-FODMAP Foods (single serving)

FRUITS

- | | | | |
|---|-----------------------------------|------------------------------------|------------------------------------|
| <input type="radio"/> acai powder | <input type="radio"/> cumquats | <input type="radio"/> lime juice | <input type="radio"/> prickly pear |
| <input type="radio"/> bananas | <input type="radio"/> dragonfruit | <input type="radio"/> mangosteen | <input type="radio"/> raspberries |
| <input type="radio"/> blueberries | <input type="radio"/> durian | <input type="radio"/> oranges | <input type="radio"/> rhubarb |
| <input type="radio"/> cantaloupe | <input type="radio"/> grapes | <input type="radio"/> papaya | <input type="radio"/> starfruit |
| <input type="radio"/> carambola | <input type="radio"/> honeydew | <input type="radio"/> passionfruit | <input type="radio"/> strawberries |
| <input type="radio"/> coconut | <input type="radio"/> kiwi | <input type="radio"/> pineapple | |
| <input type="radio"/> dried cranberries | <input type="radio"/> lemon juice | <input type="radio"/> plantains | |

VEGETABLES

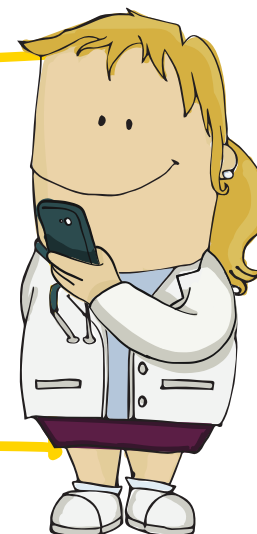
- | | | |
|--|--|--|
| <input type="radio"/> alfalfa | <input type="radio"/> choc ho | <input type="radio"/> parsnip |
| <input type="radio"/> artichoke | <input type="radio"/> choy sum | <input type="radio"/> potatoes |
| <input type="radio"/> arugula | <input type="radio"/> collard greens | <input type="radio"/> pumpkin |
| <input type="radio"/> aubergine | <input type="radio"/> corn | <input type="radio"/> radish |
| <input type="radio"/> bamboo shoots | <input type="radio"/> cucumbers | <input type="radio"/> rutabaga |
| <input type="radio"/> bean sprouts | <input type="radio"/> edamame | <input type="radio"/> seaweed |
| <input type="radio"/> beans (green) | <input type="radio"/> eggplant | <input type="radio"/> spaghetti squash |
| <input type="radio"/> beetroot | <input type="radio"/> endive | <input type="radio"/> spinach |
| <input type="radio"/> bell pepper (green, red) | <input type="radio"/> fennel | <input type="radio"/> squash |
| <input type="radio"/> bok choy | <input type="radio"/> gai lan | <input type="radio"/> swiss chard |
| <input type="radio"/> broccoli (heads) | <input type="radio"/> gherkins | <input type="radio"/> sweet potatoes |
| <input type="radio"/> brussels sprouts | <input type="radio"/> ginger | <input type="radio"/> taro |
| <input type="radio"/> cabbage | <input type="radio"/> jicama | <input type="radio"/> tomatoes |
| <input type="radio"/> capsicum | <input type="radio"/> kale | <input type="radio"/> turnip |
| <input type="radio"/> carrots | <input type="radio"/> leek (leaves) | <input type="radio"/> water chesnuts |
| <input type="radio"/> cassava | <input type="radio"/> lettuce (butter, iceberg, radicchio) | <input type="radio"/> yam |
| <input type="radio"/> celeriac | <input type="radio"/> okra | <input type="radio"/> zucchini |
| <input type="radio"/> chili (green, red) | <input type="radio"/> olives (green, black) | |
| <input type="radio"/> chives | | |

Note: For packaged and prepared foods, check ingredients to confirm low-FODMAP
 List continues on next page



INSIDER'S TIP

There are apps (consider downloading the Monash University app or the FODMAP Friendly app) to help you determine the size of a low-FODMAP serving of different foods.



PROTEIN

- ☐ beef
- ☐ chicken
- ☐ eggs
- ☐ egg substitute
- ☐ fish
- ☐ pork
- ☐ shellfish

Low-FODMAP Foods Continued

List continues on next page

FATS

- ☐ butter
- ☐ oil
- ☐ infused oils
- ☐ margarine
- ☐ shortening



DAIRY

- ☐ almond milk
- ☐ camembert cheese
- ☐ cheddar cheese
- ☐ colby cheese
- ☐ cottage cheese
- ☐ feta cheese
- ☐ goat cheese
- ☐ havarti cheese
- ☐ mozzarella cheese
- ☐ ricotta cheese
- ☐ coconut milk (canned)
- ☐ coconut yogurt
- ☐ hemp milk
- ☐ lactose-free milk
- ☐ lactose-free yogurt
- ☐ quark
- ☐ quinoa milk
- ☐ rice milk
- ☐ sour cream
- ☐ whipped cream

SWEETENERS

- ☐ aspartame
- ☐ brown rice syrup
- ☐ corn syrup
- ☐ glucose
- ☐ maple syrup
- ☐ saccharine
- ☐ sorghum syrup
- ☐ stevia
- ☐ sucralose
- ☐ brown sugar
- ☐ coconut sugar
- ☐ confectioner's sugar
- ☐ raw sugar
- ☐ white sugar

GRAINS

- ☐ arrowroot flour
- ☐ buckwheat flour
- ☐ bran (oat, rice)
- ☐ bread (gluten-free)
- ☐ buckwheat
- ☐ buckwheat groats
- ☐ corn
- ☐ corn flakes (Kellogg's)
- ☐ corn flour
- ☐ corn starch
- ☐ cous cous (from maize only)
- ☐ Crispix (Kellogg's)
- ☐ millet
- ☐ oatmeal
- ☐ oats
- ☐ nutritional yeast
- ☐ pearl barley
- ☐ polenta
- ☐ popcorn
- ☐ potato
- ☐ potato starch
- ☐ quinoa
- ☐ quinoa flakes
- ☐ rice
- ☐ rice flour
- ☐ Rice Krispies (Kellogg's)
- ☐ rice noodles
- ☐ sorghum
- ☐ spelt
- ☐ tapioca
- ☐ teff
- ☐ wonton wrapper (uncooked)

BEVERAGES

- ☐ espresso
- ☐ beer
- ☐ black coffee
- ☐ black tea
- ☐ brown rice protein powder
- ☐ buchu tea
- ☐ chai tea (weak, using water not milk)
- ☐ cocoa
- ☐ cranberry juice
- ☐ dandelion tea (weak)
- ☐ epazote tea
- ☐ gin
- ☐ green tea
- ☐ honeybush tea
- ☐ peppermint tea
- ☐ rooibos tea
- ☐ spirulina powder
- ☐ vegetable blend juice
- ☐ vodka
- ☐ whiskey
- ☐ white tea
- ☐ white wine
- ☐ red wine
- ☐ sparkling wine

LEGUMES AND NUTS

- ☐ agar agar
- ☐ almonds
- ☐ Brazil nuts
- ☐ chestnuts
- ☐ chickpeas (canned)
- ☐ chia seeds
- ☐ flax seeds
- ☐ hazelnuts
- ☐ hemp seeds
- ☐ lentils (canned)
- ☐ macadamia nuts
- ☐ mince quorn
- ☐ mung beans
- ☐ peanuts
- ☐ peanut butter
- ☐ pecan
- ☐ pine nuts
- ☐ poppy seeds
- ☐ pumpkin seeds
- ☐ sesame seeds
- ☐ sunflower seeds
- ☐ tempeh (plain)
- ☐ tofu (firm, drained)
- ☐ walnuts

SEASONINGS & CONFECTIONARY

- ☐ all spice
- ☐ almond butter
- ☐ asafoetida
- ☐ balsamic vinegar
- ☐ basil
- ☐ bay leaves
- ☐ capers
- ☐ cardamom
- ☐ chili
- ☐ chives
- ☐ cilantro
- ☐ cinnamon
- ☐ coriander
- ☐ cloves
- ☐ cumin
- ☐ curry
- ☐ dill
- ☐ dark chocolate
- ☐ fennel
- ☐ fish sauce
- ☐ instant jello
- ☐ horseradish (white)
- ☐ ketchup
- ☐ lemongrass
- ☐ mayonnaise
- ☐ mint
- ☐ mint jelly
- ☐ mustard
- ☐ mustard seeds
- ☐ dijon mustard
- ☐ nutmeg
- ☐ oregano
- ☐ oyster sauce
- ☐ paprika
- ☐ pepper
- ☐ parsley
- ☐ rosemary
- ☐ sage
- ☐ saffron
- ☐ soy sauce
- ☐ sriracha
- ☐ stevia
- ☐ strawberry jam
- ☐ tarragon
- ☐ thyme
- ☐ turmeric
- ☐ vanilla
- ☐ vegemite
- ☐ vinegar
- ☐ watercress
- ☐ wasabi
- ☐ worchestershire sauce

High-FODMAP Foods (foods to avoid)

FRUITS

- ☐ apples
- ☐ apricots
- ☐ avocado
- ☐ blackberries
- ☐ boysenberries
- ☐ cherries
- ☐ figs
- ☐ grapefruit
- ☐ lychees
- ☐ mangos
- ☐ nectarines
- ☐ peaches
- ☐ pears
- ☐ persimmons
- ☐ plums
- ☐ pomegranate
- ☐ watermelon
- ☐ dried fruits

VEGETABLES

- ☐ asparagus
- ☐ beets
- ☐ bitter melon
- ☐ cauliflower
- ☐ garlic/garlic powder
- ☐ karela
- ☐ leek bulb
- ☐ mushrooms
- ☐ onions/onion powder
- ☐ peas
- ☐ sauerkraut
- ☐ yucca root

LEGUMES AND NUTS

- ☐ beans
- ☐ black-eyed peas
- ☐ cashews
- ☐ chickpeas (dried)
- ☐ fava beans
- ☐ pistachios
- ☐ peas
- ☐ soy milk

GRAINS

- ☐ barley
- ☐ bran (wheat)
- ☐ chicory root
- ☐ coconut flour
- ☐ couscous (wheat)
- ☐ freekeh
- ☐ inulin
- ☐ pumpernickel
- ☐ rye
- ☐ wheat
- ☐ wheat germ

DAIRY

- ☐ buttermilk
- ☐ custard
- ☐ ice cream
- ☐ kefir
- ☐ cow's milk
- ☐ oat milk
- ☐ yoghurt



SEASONINGS AND CONDIMENTS

- ☐ blueberry jam
- ☐ garlic powder
- ☐ grape jelly
- ☐ mixed berry jam
- ☐ onion powder
- ☐ pickles (if made with garlic)

SWEETENERS

- ☐ agave
- ☐ high fructose corn syrup
- ☐ honey
- ☐ isomalt
- ☐ maltitol
- ☐ mannitol
- ☐ molasses
- ☐ sorbitol
- ☐ xylitol

BEVERAGES

- ☐ apple juice
- ☐ carob powder
- ☐ chai (strong)
- ☐ chamomile
- ☐ chrysanthemum tea
- ☐ coconut water
- ☐ dandelion (strong)
- ☐ fennel tea
- ☐ herbal tea
- ☐ kombucha
- ☐ malted milk powder
- ☐ oolong
- ☐ rum
- ☐ tropical juice



INSIDER'S TIP

More information on FODMAPs is available at rachelpaulsfood.com

Be careful. FODMAPs can lurk in unexpected food like spices, gum and beverages. High fructose corn syrup (a high-FODMAP sweetener) is very prevalent in condiments and packaged foods. All the more reason to always read the little print.

Some ingredients have confusing and hard to pronounce names. So keep this list handy and refer back to it when reading food labels. It should make your trip to the grocery store a little easier.

INSIDER'S TIP

A good rule of thumb for FODMAPPERS is if you haven't heard of it and are having trouble finding out what it is, you probably shouldn't be eating it!

Low-FODMAP Additives

- Almond extract
- Apple cider vinegar
- Asafoetida
(this is a spice that can impart onion/garlic type flavors to food)
- Aspartame
- Balsamic vinegar
- Baking soda
- Baking powder
- Brown sugar
- Buckwheat
- Cane sugar
- Cane juice
- Cane juice crystals
- Carageenan
- Cellulose
- Citric acid
- Cocoa
- Confectioners sugar
- Corn starch
- Corn syrup (not high fructose variety)
- Glucose
- Guar gum
- Icing sugar
- Locust bean gum
- Malt extract
- Maltose
- Maple syrup
- Miso paste
- Modified food starch
- Pectin
- Potato starch
- Resistant starch
- Rice flour
- Rice protein
- Rice wine vinegar
- Saccharin
- Stevia
- Sucralose
- Sucrose
- Sugar
- Soybean oil
- Soy lecithin
- Soy sauce
- Tapioca starch
- Tapioca flour
- Vanilla extract
- Wasabi
- Wheat dextrin
- Wheat starch
- Whey protein isolate
(low lactose variety)
- Xanthan gum



Here is a list of low and high-FODMAP food additives that is useful for label reading.



High-FODMAP Additives

- Agave syrup
- Amaranth
- Barley
- Chicken salt
- Chickpea flour
- Chicory Root Fiber
- Coconut treacle
- Crystalline fructose
- Dehydrated vegetables
(onion, garlic, etc)
- Dry milk solids
- Dried fruits
- Fructo-oligosaccharides (FOS)
- Fructose and fructose solids
- Fructose-glucose syrup
- Fructans
- Fruit juice concentrate
(includes apple juice, pear juice, and other juices)
- Garlic powder
- Gluco-oligosaccharides (GOS)
- Glucose-fructose syrup
- Glycerin/Glycerol
(check vitamins and supplements)
- Golden syrup
- High fructose corn syrup
- Honey
- Hydrogenated starch hydrolysates
- Inulin
- Isoglucose
- Isomalt
- Kamut
- Lactitol
- Lactulose
- Maltitol
- Mannitol
- Milk solids
- Molasses
- Natural flavors
(in savory foods often contain onion garlic)
- Onion powder
- Onion extract
- Polydextrose
- Rye
- Sorbitol
- Soybeans
- Soybutter
- Soy protein
- Spice mixtures
(check ingredients for onion, garlic)
- Sugar free mints/gum/cough drops
(often contain sorbitol or other polyol)
- Xylitol
- Yacon syrup



INSIDER'S TIP

Avoid foods that list natural flavoring, this may mean they contain onion and garlic. If you miss that taste, buy infused oil or try making your own. Look online, there are many websites to guide you-it's easy!