

## Low-FODMAP Foods (single serving)

### FRUITS

- |                                    |                                      |                                     |                                    |
|------------------------------------|--------------------------------------|-------------------------------------|------------------------------------|
| <input type="radio"/> bananas      | <input type="radio"/> grapes         | <input type="radio"/> lime juice    | <input type="radio"/> raspberries  |
| <input type="radio"/> blueberries  | <input type="radio"/> honeydew melon | <input type="radio"/> oranges       | <input type="radio"/> rhubarb      |
| <input type="radio"/> cantaloupe   | <input type="radio"/> kiwi           | <input type="radio"/> passion fruit | <input type="radio"/> starfruit    |
| <input type="radio"/> dragon fruit | <input type="radio"/> kumquat        | <input type="radio"/> pineapple     | <input type="radio"/> strawberries |
| <input type="radio"/> durian       | <input type="radio"/> lemon juice    | <input type="radio"/> plantain      |                                    |

### VEGETABLES

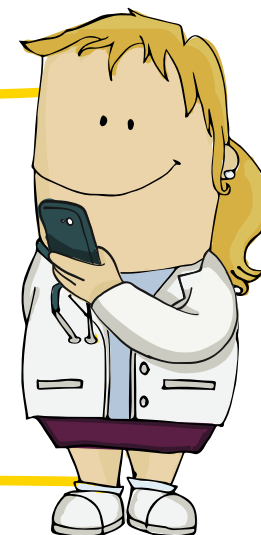
- |  |  |  |
|--|--|--|
| <input type="radio"/> alfalfa          | <input type="radio"/> eggplant                             | <input type="radio"/> rutabaga         |
| <input type="radio"/> arugula          | <input type="radio"/> endive                               | <input type="radio"/> seaweed          |
| <input type="radio"/> bamboo shoots    | <input type="radio"/> fennel                               | <input type="radio"/> spaghetti squash |
| <input type="radio"/> bean sprouts     | <input type="radio"/> gai lan                              | <input type="radio"/> spinach          |
| <input type="radio"/> bok choy         | <input type="radio"/> ginger                               | <input type="radio"/> squash           |
| <input type="radio"/> broccoli         | <input type="radio"/> green beans                          | <input type="radio"/> Swiss chard      |
| <input type="radio"/> Brussels sprouts | <input type="radio"/> green pepper                         | <input type="radio"/> sweet potatoes   |
| <input type="radio"/> capsicum         | <input type="radio"/> kale                                 | <input type="radio"/> tomatoes         |
| <input type="radio"/> carrots          | <input type="radio"/> lettuce (butter, iceberg, radicchio) | <input type="radio"/> tomato paste     |
| <input type="radio"/> celeriac         | <input type="radio"/> okra                                 | <input type="radio"/> turnip           |
| <input type="radio"/> chives           | <input type="radio"/> parsnip                              | <input type="radio"/> water chestnuts  |
| <input type="radio"/> chili pepper     | <input type="radio"/> potatoes                             | <input type="radio"/> yams             |
| <input type="radio"/> collard greens   | <input type="radio"/> radish                               |  |
| <input type="radio"/> corn             | <input type="radio"/> red pepper                           |  |
| <input type="radio"/> cucumber         |  |  |

**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.



## Low-FODMAP Foods (single serving) cont.

### PROTEIN

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

### FATS

- ☐ butter
- ☐ margarine
- ☐ oil/infused oil



### GRAINS

- |   |   |   |
|---|---|---|
| <input type="radio"/> buckwheat   | <input type="radio"/> millet            | <input type="radio"/> rice crisp cereal   |
| <input type="radio"/> buckwheat groats  | <input type="radio"/> nutritional yeast | <input type="radio"/> rice flour          |
| <input type="radio"/> corn  | <input type="radio"/> oatmeal           | <input type="radio"/> rice noodles        |
| <input type="radio"/> corn chips  | <input type="radio"/> oats              | <input type="radio"/> sorghum             |
| <input type="radio"/> corn flake cereal   | <input type="radio"/> popcorn           | <input type="radio"/> spelt               |
| <input type="radio"/> corn flour  | <input type="radio"/> potato chips      | <input type="radio"/> tapioca             |
| <input type="radio"/> gluten/wheat-free bread, pasta and packaged baked goods (check ingredients) | <input type="radio"/> quinoa            | <input type="radio"/> teff                |
|   | <input type="radio"/> rice              | <input type="radio"/> toasted oats cereal |
|   | <input type="radio"/> rice cakes        |   |

### LEGUMES AND NUTS

- |  |                                     |  |
|--|-------------------------------------|--|
| <input type="radio"/> almonds          | <input type="radio"/> mince quorn   | <input type="radio"/> pumpkin seeds        |
| <input type="radio"/> Brazil nuts      | <input type="radio"/> mung beans    | <input type="radio"/> sesame seeds         |
| <input type="radio"/> chestnuts        | <input type="radio"/> peanuts       | <input type="radio"/> sunflower seeds      |
| <input type="radio"/> chia seeds       | <input type="radio"/> peanut butter | <input type="radio"/> tempeh               |
| <input type="radio"/> lentils (canned) | <input type="radio"/> pecans        | <input type="radio"/> tofu (firm, drained) |
| <input type="radio"/> macadamia nuts   | <input type="radio"/> pine nuts     | <input type="radio"/> walnuts              |
|  | <input type="radio"/> poppy seeds   |  |

### DAIRY

- ☐ almond milk
- ☐ cheese: Camembert, Cheddar, Colby, cottage, feta, goat, Havarti, Mozzarella, Swiss
- ☐ coconut milk (canned)
- ☐ hemp milk
- ☐ lactose-free ice cream
- ☐ lactose-free milk
- ☐ lactose-free yogurt
- ☐ quinoa milk
- ☐ rice milk
- ☐ whipped cream

### BEVERAGES

- |   |                                      |
|---|--------------------------------------|
| <input type="radio"/> beer                        | <input type="radio"/> gin            |
| <input type="radio"/> black coffee                | <input type="radio"/> green tea      |
| <input type="radio"/> black tea (weak)            | <input type="radio"/> honeybush tea  |
| <input type="radio"/> brown rice protein powder   | <input type="radio"/> peppermint tea |
| <input type="radio"/> cocoa                       | <input type="radio"/> rooibos tea    |
| <input type="radio"/> cranberry juice (100% pure) | <input type="radio"/> vodka          |
| <input type="radio"/> espresso                    | <input type="radio"/> whiskey        |
|   | <input type="radio"/> wine           |

### SWEETENERS AND BAKING SUPPLIES

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| <input type="radio"/> aspartame      | <input type="radio"/> saccharine      |
| <input type="radio"/> corn syrup     | <input type="radio"/> sucralose       |
| <input type="radio"/> dark chocolate | <input type="radio"/> sugar (sucrose) |
| <input type="radio"/> glucose        | <input type="radio"/> xanthan gum     |
| <input type="radio"/> maple syrup    |                                       |

### SEASONINGS AND CONDIMENTS

- |  |   |                                      |
|--|---|--------------------------------------|
| <input type="radio"/> asafoetida       | <input type="radio"/> fennel                                | <input type="radio"/> rosemary       |
| <input type="radio"/> balsamic vinegar | <input type="radio"/> ketchup (no high fructose corn syrup) | <input type="radio"/> sage           |
| <input type="radio"/> basil            | <input type="radio"/> lemongrass                            | <input type="radio"/> saffron        |
| <input type="radio"/> cardamom         | <input type="radio"/> mayonnaise                            | <input type="radio"/> soy sauce      |
| <input type="radio"/> chili            | <input type="radio"/> mint                                  | <input type="radio"/> strawberry jam |
| <input type="radio"/> cilantro         | <input type="radio"/> mustard                               | <input type="radio"/> tarragon       |
| <input type="radio"/> cinnamon         | <input type="radio"/> nutmeg                                | <input type="radio"/> thyme          |
| <input type="radio"/> clove            | <input type="radio"/> paprika                               | <input type="radio"/> turmeric       |
| <input type="radio"/> coriander        | <input type="radio"/> parsley                               | <input type="radio"/> vanilla        |
| <input type="radio"/> cumin            | <input type="radio"/> pepper                                | <input type="radio"/> watercress     |
| <input type="radio"/> curry            |   | <input type="radio"/> wasabi         |

List continues on next page

# High-FODMAP Foods (foods to avoid)

## FRUITS

- ☐ apples
- ☐ apricots
- ☐ avocado
- ☐ blackberries
- ☐ boysenberries
- ☐ cherries
- ☐ dried fruit
- ☐ figs
- ☐ grapefruit
- ☐ lychees
- ☐ mangoes
- ☐ nectarine
- ☐ peaches
- ☐ pear
- ☐ persimmon
- ☐ plums
- ☐ pomegranate
- ☐ watermelon

## VEGETABLES

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

## LEGUMES AND NUTS

- ☐ beans
- ☐ black-eyed peas
- ☐ cashews
- ☐ chickpeas
- ☐ fava beans
- ☐ hummus
- ☐ pistachios
- ☐ peas
- ☐ soybeans
- ☐ soy milk
- ☐ soy nuts
- ☐ soy nut butter

## GRAINS

- ☐ almond meal
- ☐ barley
- ☐ bran
- ☐ chickpea flour
- ☐ chicory root
- ☐ coconut flour
- ☐ couscous
- ☐ freekeh
- ☐ inulin
- ☐ pumpernickel
- ☐ rye
- ☐ wheat
- ☐ wheat germ

## DAIRY

- ☐ buttermilk
- ☐ custard
- ☐ ice cream
- ☐ kefir
- ☐ milk
- ☐ oat milk
- ☐ Ricotta cheese
- ☐ sour cream
- ☐ yogurt



## SEASONINGS AND CONDIMENTS

- ☐ blueberry jam
- ☐ garlic powder
- ☐ grape jelly
- ☐ ketchup (with high fructose corn syrup)
- ☐ mixed berry jam
- ☐ onion powder
- ☐ pickles
- ☐ relish

## SWEETENERS AND BAKING SUPPLIES

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

## BEVERAGES

- ☐ apple juice
- ☐ black tea (strong)
- ☐ carob powder
- ☐ chai tea
- ☐ chamomile tea
- ☐ coconut water
- ☐ dandelion tea
- ☐ fennel tea
- ☐ grenadine
- ☐ herbal tea (strong)
- ☐ kombucha
- ☐ malted milk powder
- ☐ oolong tea
- ☐ orange juice (reconstituted)
- ☐ rum
- ☐ tequila
- ☐ tropical juice



## INSIDER'S TIP

More information on FODMAPs is available at [rachelpaulsfood.com](http://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.

## Low-FODMAP Additives

- almond extract
- apple cider vinegar
- aspartame
- baking powder
- baking soda
- balsamic vinegar (check serving size on an app)
- brown sugar
- buckwheat
- cane juice
- cane juice crystals
- cane sugar
- carageenan
- cellulose
- citric acid
- cocoa (check serving size on an app)
- corn starch
- corn syrup (not high fructose variety)
- glucose
- guar gum
- icing sugar
- locust bean gum
- malt extract
- maltose
- maple syrup
- modified food starch
- pectin
- potato starch
- resistant starch
- rice flour
- rice wine vinegar
- saccharin
- sucralose
- sucrose
- sugar
- soybean oil
- soy lecithin
- soy sauce
- tapioca flour
- tapioca starch
- vanilla extract
- wasabi
- wheat dextrin
- wheat starch
- whey protein isolate (low lactose variety)
- xanthan gum
- confectioners sugar

**Note:** Maltodextrin, soluble corn fiber and corn syrup solids may cause issues for some, depending on amount ingested.

### 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!

## High-FODMAP Additives

- agave syrup
- amaranth (over ¼ cup)
- 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
- hydrogenated starch hydrolysates
- inulin
- isoglucose
- isomalt
- kamut
- lactitol
- lactulose
- maltitol
- mannitol
- milk solids
- miso
- molasses
- natural flavors
- onion powder/extract
- polydextrose
- rye
- sorbitol
- soybeans
- soy butter
- soy protein
- xylitol
- yacon syrup

### INSIDER'S TIP

Avoid foods that list natural flavoring, this usually means 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!

YOUR LOW-FODMAP FOOD GUIDE

The Low-FODMAP Diet

Download the full free guide at [rachelpaulsfood.com](http://rachelpaulsfood.com)