

High FODMAP diet checklist

FOR A DIGESTIVE PEACE OF MIND

By Kate Scarlata IBS + FODMAP expert

FOODS TO AVOID



high lactose

CHEESE

RICOTTA CHEESE,
COTTAGE CHEESE

BEVERAGES

COW, SHEEP, & GOAT MILK

OTHER

EVAPORATED MILK, YOGURT,
ICE CREAM, CUSTARD

excess fructose

VEGETABLES

JERUSALEM ARTICHOKE,
ASPARAGUS, SUGAR SNAP
PEAS, SUN-DRIED TOMATOES

FRUIT

APPLES BOYSENBERRY,
CHERRIES, FRESH FIGS,
MANGO, PEARS, TAMARILLO,
WATERMELON

SWEETENERS

AGAVE, HIGH FRUCTOSE
CORN SYRUP, HONEY

ALCOHOL

RUM

high fructans/GOS

VEGETABLES

ARTICHOKE (ALL), GARLIC, LEEK AND
SCALLION BULBS (THE WHITE PARTS),
SHALLOT, ONION, ONION & GARLIC
POWDER, PEAS

FRUIT

CURRENTS, DATES, FIGS (DRIED),
GRAPEFRUIT, NECTARINE, PERSIMMON,
PLUMS, PRUNES, WHITE PEACHES,
WATERMELON

GRAINS

RYE, WHEAT, BARLEY, SPELT

NUTS

PISTACHIOS, CASHEW

LEGUMES

BORLOTTI BEANS, MATURE SOYBEANS
(MOST SOY MILK, SOY FLOUR), BAKED
BEAN, BLACK BEANS, FAVA BEANS, KIDNEY
BEANS, NAVY BEANS, SPLIT PEAS

OTHER

OO LONG, CHAMOMILE & FENNEL TEA,
CAROB, CHICORY ROOT EXTRACT, INULIN
OR FOS (FRUCTOOLIGOSACCHARIDE)

high polyols

VEGETABLES

CAULIFLOWER, MUSHROOMS,
SNOW PEAS

FRUIT

APPLES, APRICOTS,
BLACKBERRIES, CHERRIES,
NECTARINES, PEARS, YELLOW
PEACHES, PLUMS, PRUNES,
WATERMELON

SWEETENERS

SORBITOL, MANNITOL,
ISOMALT, XYLITOL

The FODMAP elimination diet is to be followed for a limited time, approximately 2-6 weeks. Work with a FODMAP knowledgeable registered dietitian to provide guidance on the reintroduction phase of the diet and to ensure your diet is nutritionally adequate and balanced.

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REFERENCE: MONASH UNIVERSITY LOW
FODMAP APP; USDA NUTRIENT DATABASE.
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ADVICE OR TO DIAGNOSE OR TREAT
MEDICAL DISEASES. IT IS STRICTLY FOR
INFORMATIONAL PURPOSE. BEFORE
UNDERTAKING ANY COURSE OF TREATMENT,
SEEK THE ADVICE OF YOUR PHYSICIAN OR
HEALTH CARE PROVIDER, AS THE
INFORMATION PROVIDED DOES NOT
REPLACE THEIR MEDICAL ADVICE. ALWAYS
CHECK INGREDIENTS ON FOOD TO ENSURE
THEY COMPLY WITH THE LATEST LOW
FODMAP DIET GUIDELINES.