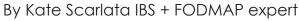
High FODMAP diet checklist







high lactose excess fructose

CHEESE

RICOTTA CHEESE, **COTTAGE CHEESE**

BEVERAGES

COW, SHEEP, & GOAT MILK

OTHER

EVAPORATED MILK, YOGURT. ICE CREAM, CUSTARD

VEGETABLES

JERUSALEM ARTICHOKES. 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

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 auidance on the reintroduction phase of the diet and to ensure your diet is nutritionally adequate and balanced.

high fructans/GOS high polyols

VEGETABLES

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

FRUIT

CURRANTS, 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

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

VEGETABLES

CAULIFLOWER, MUSHROOMS, **SNOW PEAS**

FRUIT

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

SWEETENERS

SORBITOL, MANNITOL, ISOMALT, XYLITOL

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