

High FODMAP foods (avoid / reduce)	Low FODMAP foods
Vegetables and Legumes	
Garlic – avoid entirely if possible Includes garlic salt, garlic powder Onions – avoid entirely if possible Includes onion powder, small pickled onions (Try Hing / Asafoetida powder or garlic oil to substitute) Artichoke Asparagus Baked beans Bananas, ripe Beetroot, fresh Black beans Black eyed peas Broad beans Butter beans Cassava Cauliflower Celery – greater than 5cm of stalk Choko Falafel Fermented cabbage e.g. sauerkraut Haricot beans Kidney beans Lima beans Leek bulb Mange tout Mung beans Mushrooms Peas, sugar snap Pickled vegetables Red kidney beans Savoy Cabbage Soy beans Split peas Scallions / spring onions (bulb / white part) Shallots Taro	Alfalfa Bamboo shoots Bean sprouts Beetroot, canned and pickled Bok choy / pak choi Broccoli, whole – 1/2 cup Broccoli, heads only – 3/4 cup Broccoli, stalks only – 1/2 cup Broccolini, whole – 1/2 cup chopped Broccolini, heads only – 1/2 cup Broccolini, stalks only – 1 cup Brussels sprouts – 2 sprouts Butternut squash – 1/4 cup Cabbage, common and red up to 1 cup Callaloo Carrots Celeriac Celery – less than 5cm of stalk Chicory leaves Chick peas – 1/4 cup Chilli – if tolerable Chives Cho cho – 1/2 cup diced Choy sum Collard greens Cold / sweet corn – if tolerable and only in small amounts – 1/2 cob Courgette Cucumber Eggplant / aubergine Fennel Green beans Green pepper / green bell pepper / green capsicum Ginger Kale Karela Leek leaves Lentils – in small amounts Lettuce: Butter lettuce Iceberg lettuce Radicchio lettuce Red coral lettuce Rocket lettuce Romaine/Cos lettuce Marrow Okra Olives Parsnip Peas, snow – 5 pods Pickled gherkins Pickled onions, large Potato Pumpkin Pumpkin, canned – 1/4 cup, 2.2 oz Radish Red peppers / red bell pepper / red capsicum Scallions / spring onions (green part) Seaweed / nori Silverbeet / chard Spaghetti squash Spinach, baby Squash Sun-dried tomatoes – 4 pieces Swede Swiss chard Sweet potato – 1/2 cup Tomato – canned, cherry, common, roma Turnip Water chestnuts Yam Zucchini
Fruit	
Apples including pink lady and granny smith Apricots Avocado Blackberries Blackcurrants Boysenberry Cherries Currants Custard apple Dates Feijoa Figs Goji berries Grapefruit Guava, unripe Lychee Mango Nectarines Paw paw, dried Peaches Pears Persimmon Pineapple, dried Plums Pomegranate Prunes Raisins Sea buckthorns Sultanas Tamarillo Tinned fruit in apple / pear juice Watermelon	Akee Bananas, unripe Bilberries Blueberries Breadfruit Carambola Cantaloupe Cranberry – 1 tbsp Clementine Dragon fruit Lingonberries Grapes Guava, ripe Honeydew and Galia melons Kiwifruit Lemon including lemon juice Lime including lime juice Mandarin Orange Passion fruit Paw paw Papaya Pineapple Plantain, peeled Raspberry Rhubarb Strawberry Tamarind Tangelo
Meats, Poultry and Meat Substitutes	
Chorizo Sausages	Beef Chicken Kangaroo Lamb Pork Prosciutto Quorn, mince Turkey Cold cuts / deli meat / cold meats such as ham and turkey breast Processed meat – check ingredients
Fish and Seafood	
	Canned tuna Fresh fish: Cod Haddock Plaice Salmon Trout Tuna Seafood (ensuring nothing else is added): Crab Lobster Mussels Oysters Prawns Shrimp
Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes	
Wheat containing products such as (be sure to check labels): Biscuits including chocolate chip biscuits Bread, wheat – over 1 slice Breadcrumbs Cakes Cereal bar, wheat based Croissants Crumpets Egg noodles Muffins Pastries Pasta, wheat over 1/2 cup cooked Udon noodles Wheat bran Wheat cereals Wheat flour Wheat germ Wheat noodles Wheat rolls Almond meal Amaranth flour Barley including flour Bran cereals Granary bread Multigrain bread Naan Oatmeal bread Pumpnickel bread Roti Sourdough with kamut Cashews Cous cous Einkorn flour Freekeh Gnocchi Granola bar Muesli cereal Muesli bar Pistachios Rye Rye crispbread Semolina Spelt flour	Wheat free breads Gluten free breads Corn bread Oat bread Rice bread Spelt sourdough bread Potato flour bread Wheat free or gluten free pasta Bread, wheat – 1 slice Almonds – max of 15 Biscuit, savoury Biscuit, shortbread – 1 only Brazil nuts Bulgur / bourghal – 1/4 cup cooked, 44g serving Buckwheat Buckwheat flour Buckwheat noodles Brown rice / whole grain rice Chestnuts Chips, plain / potato crisps, plain Cornflour / maize Crispbread Corncakes Cornflakes – 1/2 cup Cornflakes, gluten free Coconut – milk, cream, flesh Corn, creamed and canned (up to 1/3 cup) Corn tortillas, 3 tortillas Crackers, plain Hazelnuts – max of 15 Macadamia nuts Millet Oatmeal, 1/2 cup Oats Oatcakes Peanuts – max of 15 Pine nuts – max of 15 Polenta Popcorn Porridge and oat based cereals Potato flour Pretzels Quinoa Pasta, wheat – up to 1/2 cup cooked Basmati rice Brown rice Rice noodles White rice Rice bran Rice cakes Rice crackers Rice flakes Rice flour Rice Krispies Starch, maize, potato and tapioca Sorghum Tortilla chips / corn chips Walnuts Seeds: Chia seeds Egusi seeds Poppy seeds Pumpkin seeds Sesame seeds Sunflower seeds
Condiments, Dips, Sweets, Sweeteners and Spreads	
Agave Caviar dip Fructose Fruit bar Gravy, if it contains onion High fructose corn syrup (HFCS) Hummus Honey Jam, mixed berries Jam, strawberry, if contains HFCS Molasses Pesto sauce Tahini paste Tzatziki dip Quince paste Relish / vegetable pickle Stock cubes Sugar free sweets containing polyols – usually ending in -ol or isomalt Sweeteners and corresponding E number: Inulin Isomalt (E953 / 953) Lactitol (E966 / 966) Maltitol (E965 / 965) Mannitol (E241 / 421) Sorbitol (E420 / 420) Xylitol (E967 / 967)	Almond butter Barbecue sauce – check label carefully Capers in vinegar Capers, salted Chocolate: Dark chocolate Milk chocolate – 3 squares White chocolate – 3 squares Chutney, 1 tablespoon Erythritol (E968 / 968) Fish sauce Golden syrup Glucose Glycerol (E422 / 422) Jam / jelly, strawberry Ketchup (USA) – 1 sachet Maple syrup Marmalade Marmite Mayonnaise – ensuring no garlic or onion in ingredients Miso paste Mustard Oyster sauce Pesto sauce – less than 1 tbsp Peanut butter Rice malt syrup Saccharine Shrimp paste Soy sauce Stevia Sweet and sour sauce Sucralose Sugar – also called sucrose Tamarind paste Tomato sauce (outside USA) – 2 sachets, 13g Vegete Vinegars: Apple cider vinegar, 2 tbsp Balsamic vinegar, 2 tbsp Rice wine vinegar Wasabi Worcestershire sauce – has onion and garlic but very very low amount making it low FODMAP
Drinks and Protein Powders	
Beer – if drinking more than one bottle Coconut water Cordial, apple and raspberry with 50-100% real juice Cordial, orange with 25-50% real juice Fruit and herbal teas with apple added Fruit juices in large quantities Fruit juices made of apple, pear, mango Kombucha Malted chocolate flavoured drink Meal replacement drinks containing milk based products e.g. Ensure, Slim Fast Orange juice in quantities over 100ml Quinoa milk Rum Sodas containing High Fructose Corn Syrup (HFCS) Soy milk made with soy beans – commonly found in USA Sports drinks Tea: Black tea with added soy milk Chai tea, strong Dandelion tea, strong Fennel tea Chamomile tea Herbal tea, strong Oolong tea Wine – if drinking more than one glass Whey protein, concentrate unless lactose free Whey protein, hydrolyzed unless lactose free	Alcohol – is an irritant to the gut, limited intake advised Beer – limited to one drink Clear spirits such as Vodka, Gin or Whiskey Wine – limited to one drink Coffee: Espresso coffee, regular or decaffeinated, black Espresso coffee, regular or decaffeinated, with up to 250ml lactose free milk Instant coffee, regular or decaffeinated, black Instant coffee, regular or decaffeinated, with up to 250ml lactose free milk Drinking chocolate powder Fruit juice, 125ml and safe fruits only Kvass Lemonade – in low quantities Protein powders: Egg protein Pea protein – up to 20g Rice protein Sacha Inchi protein Whey protein isolate Soya milk made with soy protein Tea: Black tea, weak Fruit and herbal tea, weak – ensure no apple added Green tea Peppermint tea White tea
Dairy Foods and Eggs	
Buttermilk Cheese, cream Cheese, Haimoumi Cheese, ricotta Cream Custard Giallo Ice cream Kefir Milk: Cow milk Goat milk Evaporated milk Sheep's milk Sour cream Yogurt	Butter Eggs Dairy free chocolate pudding Sorbet Soy protein Tempeh Tofu – drained and firm varieties Whipped cream Cheese: Brie Camembert Cheddar Cottage Feta Goat / chevre Mozzarella Parmesan Ricotta – 2 tablespoons Swiss Milk: Almond milk Hemp milk Lactose free milk Macadamia milk Oat milk – 30 ml, enough for cereal Rice milk – up to 200ml per sitting Yogurt: Coconut yogurt Greek yogurt, in small amounts Lactose free yogurt Goats yogurt
Cooking ingredients, Herbs and Spices	
Carob powder	Herbs: Basil Bay leaves Cilantro Chives Coriander Curry leaves Fenugreek Ginger Gotu kola Lemongrass Mint Oregano Pandan Parsley Ramp Rosemary Sage Tarragon Thyme Spices: All spice Black pepper Cardamon Chilli powder (check ingredients, sometimes has garlic added) Cinnamon Cloves Cumin Curry powder Fennel seeds Five spice Goraka Mustard seeds Nutmeg Paprika Pepper Saffron Star anise Turmeric Oils: Avocado oil Canola oil Coconut oil Olive oil Peanut oil Rice bran oil Sesame oil Soybean oil Sunflower oil Vegetable oi Garlic infused oi Onion infused oil Asafoetida powder – great onion substitute Baking powder Baking soda Cacao powder Cocoa powder Cream, 1/2 cup Gelatine Ghee Lard Nutritional yeast Salt
Prebiotic Foods	
The follow items may be helpful in yogurts, snack bars etc: FOS – fructooligosaccharides Inulin Oligofructose	