



# Following a Low FODMAP Diet | Foods to Include



## Fruit



Bananas (Oranges, Lemons and Limes)  
Blueberries Raspberries  
Melon (Honeydew and Cantaloupe) Rhubarb  
Cranberries Strawberries  
Grapes Passionfruit  
Kiwi Pineapple  
Citrus fruits



## Vegetables

Aubergine Olives  
Carrot Parsnip & Turnip  
Celery Red & Yellow  
Courgette Peppers  
Cucumber Spinach  
Ginger Swede  
Green Beans Tomatoes  
Kale Herbs  
Lettuce

## Dairy

Butter Lactose-Free Milk\*  
Cream Lactose-Free  
Brie Yoghurts\*  
Cheddar Cheese  
Feta Cheese  
Cottage Cheese  
Mozzarella  
Parmesan



\*The brand Lacto-free is not the same as lactose-free.

## Carbohydrate Sources

Oats Yam  
Potato  
Quinoa  
Rice  
Rice/Oat Cakes



## Sports Foods

Whey Isolate  
Glucose  
Maltodextrin



## Sweeteners

Sucralose



## Syrups

Maple Syrup  
Golden Syrup



Adapted from Nanayakkara et al. (2016)



# Following a Low FODMAP Diet | Foods to Eliminate



## Excess Fructose



Apples  
Cherries  
Dried Fruit  
Fruit Juices  
Honey  
Mangos  
Pears  
Peaches  
Prunes  
Tinned Fruit (in  
Natural Juice)  
Watermelon  
  
Sweeteners  
Fructose  
HFCS  
(High-Fructose Corn Syrup)



## Lactose

Animal Milk  
(Cow, Goat, Sheep)  
Ice Cream  
Whey Protein  
Concentrate  
Natural Yoghurt\*\*  
  
\*\*Greek yoghurt is lower in lactose  
than natural yoghurts and so may be  
well tolerated on a low FODMAP diet in  
small quantities



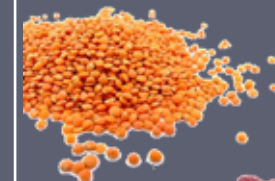
## Fructans



Bread  
Bulgur Wheat  
Couscous  
Pasta  
  
Asparagus  
Artichoke  
Beetroot  
Savoy Cabbage  
Garlic  
Leeks  
Onion & Shallots  
  
Inulin  
(a fibre added to many sports  
products – check the label)



## Galactans



Baked Beans  
Berlotti Beans  
Broad Beans  
Butter Beans  
Chickpeas  
Haricot Beans  
Kidney Beans  
Lentils  
Lima Beans  
Pinto Beans  
Soy Beans



## Polyols



Apples  
Apricot  
Avocado  
Blackberries  
Nectarines  
Peaches  
Pears  
Plums  
Prunes  
Watermelon  
Cauliflower  
Mushrooms  
Sweetcorn  
Sweet Potato  
Sorbitol  
Xylitol  
Mannitol

