Low FODMAP Food Chart

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Low FODMAP	High FODMAP
Vegetables and Legumes	
Bamboo shoots	Garlic
Bean sprouts	Onions
Broccoli heads (3/4 cup)	Aparagus
Broccoli stalks (1/3 cup)	Beans e.g. black, broad, kidney, lima, soya
Cabbage, common and red (3/4 cup)	Cauliflower
Carrots	Cabbage, savoy
Celery (less than 5cm stalk)	Mange tout
Chick peas (1/4 cup max)	Mushrooms
Corn (1/2 cob max)	Peas
Courgette / Zucchini (65g)	Scallions / spring onions (white part)
Cucumber	
Eggplant (1 cup)	
Green beans	
Green pepper (1/2 cup)	
Kale	
Lettuce e.g. Butter, iceberg, rocket	
Parsnip	
Potato	
Pumpkin (63g)	
Red peppers	
Scallions / spring onions (green part)	
Squash (63g)	
Sweet potato (1/2 cup)	
Tomatoes (65g	
Turnip (1/2 turnip)	
Fruit	
Bananas, unripe (1 medium)	Apples
Blueberries (1/4 cup)	Apricot
Cantaloupe (3/4 cup)	Avocado
Cranberry	Bananas, ripe
Clementine	Blackberries
Melons e.g. Honeydew, Galia (1/2 cup)	Grapefruit
Kiwifruit (2 small)	Grapes
Lemon	Mango
Orange	Peaches
Pineapple	Pears
Raspberry (1/3 cup)	Plums
Rhubarb	Raisins
Strawberry (5 medium)	Sultanas
	Watermelon

Meat, Fish and Substitutes	
Beef	Sausages (check ingredients)
Chicken	Processed meat (check ingredients)
Lamb	
Pork	
Quorn mince	
Cold cuts e.g. Ham and turkey breast	
Canned Tuna	
Fresh fish e.g. Cod, Haddock, Salmon	
Seafood (check ingredients added)	
Breads, Cereals, Grains and Pasta	
Oats	Barley
Quinoa	Bran
Gluten free foods e.g. breads, pasta	Cous cous
Savory biscuits	Gnocchi
Buckwheat	Granola
Chips / crisps (plain)	Muesli
Cornflour	Muffins
Oatmeal (1/2 cup max)	Rye
Popcorn	Semolina
Pretzels	Spelt
Rice e.g. Basmati, brown, white	Wheat foods e.g. Bread, cereal, pasta
Tortilla chips	
Nuts and Seeds	
Almonds (max of 10)	Cashews
Chestnuts	Pistachio
Hazelnuts	
Macademia nuts	
Peanuts	
Pecans (10 halves)	
Poppy seeds	
Pumpkin seeds	
Sesame seeds	
Sunflower seeds	
Walnuts	
Milk	
Almond milk	Cow milk
Coconut milk (125ml)	Goat milk
Hemp milk (125ml)	Sheep's milk
Lactose free milk	Soy milk made with soy beans
Oat milk (30ml max)	
Rice milk	
Soya milk made with soy protein	
Dairy and Eggs	
Butter	Buttermilk
Dark chocolate (5 squares)	Cream
Eggs	Custard
Milk chocolate (4 squares max)	Greek yoghurt

White chocolate (3 squares max)	Ice cream Sour cream (over 2tbsp) Yoghurt
Cheese	
Brie Camembert Cheddar Cottage cheese Feta Mozzarella Parmesan Swiss	Cream cheese (over 2tbsp) Ricotta cheese
Condiments	
Barbeque sauce (check ingredients) Chutney (1 tbsp max) Garlic infused oil Golden syrup (1 tsp) Strawberry and raspberry jam / jelly Mayonnaise Mustard Soy sauce Tomato sauce	Hommus dip Jam (mixed berries) Pasta sauce (cream based) Relish Tzatziki dip
Sweeteners	
Aspartame Acesulfame K Glucose Saccharine Stevia Sucralose Sugar / sucrose	Agave High Frucose Corn Syrup (HFCS) Honey Inulin Isomalt Maltitol Mannitol Sorbitol Xylitol
Drinks	
Beer (one max) Coffee, black Drinking chocolate powder Herbal tea (weak) Orange juice (125ml max) Peppermint tea Water Wine (one max)	Apple juice Pear juice Mango juice Sodas with HFCS Fennel tea Herbal tea (strong)