

## Low FODMAP Food Chart

### Fermentable Oligo-Di-Mono-Saccharides and Polyols

### Irritable Bowel Syndrome Food plan (IBS)

#### Elimination and Rotation Plan:

1. Eliminate foods from the HIGH FODMAP (red) foods, for 3-4 weeks, dependent on the severity of your symptoms. Your symptoms should be eliminated by at least 80% before you bring any new foods in.
2. Choose LOW FODMAP (green) foods.
3. One by one, rotate each new food (high FODMAP foods) back in. Make a detailed chart as you add in new foods again. Chart each food and then check for any reaction, if any. If you are unsure whether there was a reaction, take that food away, and retest it in 3 days again.
4. Be sure to only bring in only 1 new food per day, so to avoid confusion. If you already know that a particular food is or has been identified through clinical testing to be a culprit, then leave that food to test until the very end. Or simply choose to eliminate that food 100%.
5. Remember that everyone is **biochemically** different. No one will have the exact same reaction. Therefore, some foods you may have a severe reaction to, some foods you may have a milder reaction to, and some foods, even though they are on the high FODMAP list, you may have no reaction to.

**LOW FODMAP****HIGH FODMAP****Vegetables and Legumes**

Bamboo shoots  
Bean sprouts  
Broccoli  
Cabbage, common and red  
Carrots  
Celery (less than 5cm stalk)  
Chick peas (1/4 cup max)  
Corn (1/2 cob max)  
Courgette/Zucchini  
Cucumber  
Eggplant  
Green beans  
Green pepper  
Kale  
Lettuce e.g. Butter, iceberg  
Parsnip  
Potato  
Pumpkin  
Red peppers  
Scallions / spring onions (green part)  
Squash  
Sweet potato  
Tomatoes  
Turnip

Garlic  
Onions  
Asparagus  
Beans e.g. black, broad, kidney, lima, soya  
Cauliflower  
Cabbage, savoy  
Mange tout  
Mushrooms  
Peas  
Scallions / spring onions (white part)

Bananas, unripe  
Blueberries  
Cantaloupe  
Cranberry  
Clementine  
Grapes  
Melons e.g. Honeydew, Galia  
Kiwifruit  
Lemon  
Orange  
Pineapple  
Raspberry  
Rhubarb  
Strawberry

**Fruit**

Apples  
Apricot  
Avocado  
Bananas, ripe  
Blackberries  
Grapefruit  
Mango  
Peaches  
Pears  
Plums  
Raisins  
Sultanas  
Watermelon

## Meat and Substitutes

Beef  
Chicken  
Lamb  
Pork  
Quorn mince  
Cold cuts e.g. Ham and turkey breast

Chorizo  
Sausages  
Processed meat (check ingredients)

## Breads, Cereals, Grains and Pasta

Oats  
Quinoa  
Gluten free foods e.g. breads, pasta  
Savory biscuits  
Buckwheat  
Chips / crisps (plain)  
Corn flour  
Oatmeal (1/2 cup max)  
Popcorn  
Pretzels  
Rice e.g. Basmati, brown, white  
Tortilla chips

Barley  
Bran  
Couscous  
Gnocchi  
Granola  
Muesli  
Muffins  
Rye  
Semolina  
Spelt  
Wheat foods e.g. Bread, cereal, pasta

## Nuts and Seeds

Almonds (max of 15)  
Chestnuts  
Hazelnuts  
Macadamia nuts  
Peanuts  
Pecans (max of 15)  
Poppy seeds  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

Cashews  
Pistachio

## Milk

Almond milk  
Coconut milk  
Hemp milk  
Lactose free milk  
Oat milk (30ml max)  
Rice milk (200ml max)  
Soya milk made with soy protein

Cow milk  
Goat milk  
Sheep's milk  
Soy milk made with soy beans

## Dairy

Butter  
Dark chocolate  
Eggs  
Milk chocolate (3 squares max)  
White chocolate (3 squares max)

Buttermilk  
Cream  
Custard  
Greek yoghurt  
Ice cream  
Sour cream  
Yogurt

## Cheese

Brie  
Camembert  
Cheddar  
Cottage cheese  
Feta  
Mozzarella  
Parmesan  
Swiss

Cream cheese  
Ricotta cheese

## Condiments

Barbeque sauce  
Chutney (1 tbsp max)  
Garlic infused oil  
Golden syrup  
Strawberry jam / jelly  
Mayonnaise  
Mustard  
Soy sauce  
Tomato sauce

Hummus dip  
Jam (mixed berries)  
Pasta sauce (cream based)  
Relish  
Tzatziki dip

## Sweeteners

Aspartame  
Acesulfame K  
Glucose  
Saccharine  
Stevia  
Sucralose  
Sugar / sucrose

Agave  
High Fructose 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)

Coconut water  
Apple juice  
Pear juice  
Mango juice  
Sodas with HFCS  
Fennel tea  
Herbal tea (strong)