

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)

Fruit

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

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)