

High FODMAP Foods to Avoid (by FODMAP Group)

Fructose

Fruit:

- Apple
- Banana (Ripe)
- Dates
- Boysenberry
- Mango
- Nashi
- Nectarine
- Tamarillo
- Watermelon
- Concentrated Fruit Sources
- Dried Fruit
- Fruit Juice
- Tinned Fruit in Natural Juice

Vegetables:

- Asparagus

Sweeteners:

- Fructose
- High Fructose Corn Syrup
- Frisana
- Honey
- Molasses
- Rum
- Wine: Low Glycemic Index & Sticky

Lactose

- Buttermilk
- Cottage Cheese
- Cow Milk
- Cream
- Cream Cheese
- Custard
- Evaporated Milk
- Frozen Yogurt
- Goat Milk
- Ice Cream
- Lactose
- Margarine
- Ricotta Cheese
- Sheep Milk
- Sherbet
- Soft Unripe Cheese
- Sour Cream
- Sweetened Condensed Milk
- Yogurt



Oligos (Fructans & Galactans)

Fruit:

- Apple
- Figs
- Nectarine
- Peach
- Persimmon
- Watermelon

Vegetables:

- Artichoke
- Baked Beans
- Beetroot
- Broccoli
- Brussels Sprouts
- Cabbage
- Chickpeas
- Fennel
- Garlic
- Kidney Beans
- Leek
- Lentils
- Onion (All)
- Peas
- Shallots
- Soy Beans
- Spring/Green Onion (White Part)
- Snow Peas
- Sugar Snap Peas

Grains:

- Rye
- Spelt
- Wheat

Misc:

- Almonds
- Camomile Tea
- Cashews
- Cocoa Powder
- Chicory
- Dandelion
- Fennel Tea
- Instant Coffee
- Inulin
- Pistachio

Polyols

Fruit:

- Apple
- Apricot
- Avocado
- Blackberry
- Cherry
- Longon
- Lychee
- Nashi
- Nectarine
- Peach
- Pear
- Plum
- Prune
- Watermelon

Vegetables:

- Broccoli
- Cauliflower
- Celery
- Mushrooms
- Pumpkin
- Snow Peas

Sweeteners:

- Isomalt
- Maltitol
- Mannitol
- Sorbitol
- Xylitol