

High FODMAP Foods to Avoid

Fruit

- Apple
- Apricot
- Avocado
- Banana (Ripe)
- Blackberry
- Boysenberry
- Cherry
- Dates
- Figs
- Longon
- Lychee
- Mango
- Nashi
- Nectarine
- Peach
- Pear
- Persimmon
- Plum
- Prune
- Tamarillo
- Watermelon
- Concentrated Fruit Sources
- Dried Fruit
- Fruit Juice
- Tinned Fruit in Natural Juice

Vegetables

- Artichoke
- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Fennel
- Garlic
- Leek
- Mushrooms
- Onion (All)
- Peas
- Pumpkin
- Shallots
- Spring Onion (White Part)
- Snow Peas
- Sugar Snap Peas

Dairy

- 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

Legumes

- Baked Beans
- Chickpeas
- Kidney Beans
- Lentils
- Soy Beans

Grains

- Rye
- Spelt
- Wheat

Nuts & Seeds

- Almonds
- Cashews
- Pistachios

Misc

- Camomile Tea
- Chicory
- Cocoa Powder
- Dandelion
- Fennel Tea
- Instant Coffee
- Inulin

Sweeteners

- Fructose
- High Fructose Corn Syrup
- Fruisana
- Honey
- Isomalt
- Maltitol
- Mannitol
- Molasses
- Sorbitol
- Xylitol

Alcohol

- Rum
- Wine: Low Glycemic Index & Sticky

