

## **LOW & HIGH FODMAP CHART**

<b>Low FODMAP</b>	<b>High FODMAP</b>
<b>Meat, Poultry, Eggs, Fish</b>	
Chicken	Anything made with HFCS or high FODMAP ingredients such as sausage
Fish	
Eggs	
Pork	
Shellfish	
Turkey	
Beef	
Lamb	
Cold Cuts	
<b>Dairy</b>	
Lactose-free dairy	Cottage cheese
Half and half	Ice cream
Lactose-free cream cheese	Cream sauce
Cheddar cheese	Milk
Colby cheese	Soft cheeses
Parmesan cheese	Sour cream
Swiss	Whipped cream
Sorbet	Evaporated milk
Lactose-free yogurt	Yogurt
Coconut yogurt	Custard
	Buttermilk
	Kefir
	Gelato
<b>Non-Dairy Alternatives</b>	
Almond Milk	Coconut cream
Rice milk	Beans
Nuts	Hummus
Nut butter	Pistachios
Seeds	Soy products
Hemp milk	Coconut milk
	Black-eyed peas
	Fava beans
	Kidney beans

## Grains

Wheat-free Grains and Flours (with minimal fiber content) including bagels	Inulin
Breads	Wheat
Noodles	Wheat flours
Pasta	Flour tortillas
Pretzels	Rye
Waffles	Chicory root
Tortillas	Barley
Pancakes	Bran cereals
Quinoa	Granola
Rice	Bars
Cream of rice	Wheat germ
Cheerios	Semolina
Grits	Spelt flour
Oats	
Sourdough bread	
Soba noodles	

## Vegetables

Cucumbers	Artichokes
Carrots	Garlic
Celery	Onion
Eggplant	Onion and garlic powder
Lettuce	Asparagus
Leafy greens	Beets
Pumpkin	Broccoli
Potatoes	Brussel sprouts
Squash	Cabbage
Yams	Cauliflower
Tomatoes	Fennel
Zucchini	Okra
Bamboo shots	Snow peas
Bell peppers	Sun-dried tomatoes
Bok choy	Mushrooms
Bean sprouts	Dried beans
Collards	Butter beans
Spaghetti squash	
Olives	
Green beans	
Rutabaga	
Spinach	
Ginger	
Root	
Radishes	
Turnips	
Corn	
Mushrooms	

Kale	
<b>Fruits *limit to one serving</b>	
Bananas	Large amounts avocado
Berries	Apples
Cantaloupe	apricots
Grapes	Dates
Honeydew	Canned fruit
Grapefruit	Cherries
Kiwi	Dried fruit
Lemon	Figs
Lime	Guava
Orange	Mango
pineapple	Nectarines
Rhubarb	Pears
Passion fruit	Peaches
Kiwifruit	Persimmon
Dragon fruit	Watermelon
Papaya	Plums
Clementine	Prunes
	Figs
	Grapefruit
<b>Beverages</b>	
Water	High FODMAP fruit and vegetable juices
Small amounts of low FODMAP juice	Rum
Coffee	Anything with HFCS
Tea	Milk
Gin	
Vodka	
Wine	
Whiskey	
<b>Seasonings, Condiments, Spices</b>	
Basil	HFCS
Cilantro	Garlic
Lemongrass	Jams and jellies
Parsley	Onions
Mint	Pickle
Sage	Relish
Thyme	Artificial sweeteners like sorbitol
Homemade broth	Mannitol
Chives	Isomalt
Flaxseed	Xylitol
Margarine	Agave
Mayonnaise	coconut
Olive oil	
Pepper	
Salt	
Sugar	
Mustard	
Vinegar	

Balsamic vinegar	
Pure maples syrup	
Vanilla	
Dark chocolate	
<b>Desserts</b>	
Any made with low FODMAP foods	Any made with High FODMAP