

Eat This, Not That

High-FODMAP foods & what to enjoy instead

HIGH-FODMAP FOODS

LOW-FODMAP FOODS



DAIRY

Milk:

- Coconut milk
- Cow milk
- Goat milk
- Sheep milk
- Soy milk

Other Dairy:

- Ice cream
- Soft and fresh cheeses
- Yogurt: regular, low-fat, and frozen

Lactose-free milk:

- Almond milk
- Hemp milk
- Rice milk

Other dairy:

- Coconut yogurt
- Cottage cheese
- Gelato
- Sorbet
- Hard cheeses



FRUITS

- Apples
- Apricot
- Blackberries
- Cherries
- Dates
- Mango
- Pear
- Watermelon

- Banana
- Blueberry
- Cantaloupe
- Durian
- Grapes
- Honeydew melon
- Kiwifruit
- Lemon
- Lime
- Mandarin orange
- Orange
- Papaya
- Pineapple
- Raspberry
- Strawberry



GRAINS AND BREADS

- Barley
- Rye
- Wheat

- Corn tortillas/chips
- Grits
- Gluten-free pastas
- Oatmeal
- Potato
- Popcorn
- Quinoa
- Rice
- Sourdough bread

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NUTS, LEGUMES, AND PROTEINS

- Most beans and legumes, including black bean, chickpea, lentil, and red kidney bean

- Most processed meats

- Beef
- Chicken
- Fish
- Pork
- Some beans, including edamame and canned chickpeas (rinsed)

- Turkey
- Tempeh
- Tofu (firm)



BEVERAGES, SWEETENERS, AND ADDITIVES

- Rum
- Sodas and juices containing high fructose
- Some sweeteners, including isomalt, maltitol, mannitol, sorbitol, xylitol, and other sweeteners ending in “-ol”

- Some teas, including chamomile, oolong, fennel, and chai

- Beer
- Coffee
- Honey substitutes, including golden syrup and maple syrup
- Soft drinks sweetened with sucrose

- Some sweeteners, including glucose, sucrose, and other artificial sweeteners not ending in “-ol”
- Some teas
- Spirits
- Water
- Wine (most)



VEGETABLES

- Artichoke
- Asparagus
- Brussels sprout
- Cabbage
- Cauliflower
- Fennel
- Garlic

- Leeks
- Mushrooms (button, portabella)
- Onion
- Shallots
- Sugar snap peas

- Bamboo shoot
- Bok choy
- Carrots
- Chives
- Cucumber
- Eggplant
- Green bean
- Kale

- Lettuce
- Mushrooms (oyster)
- Olives
- Parsnip
- Pumpkin
- Radish
- Spinach
- Tomato