

**Foods suitable on low-FODMAP diet**

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| **Fruits** | **Vegetables** | **Grains** | **Dairy products** | **Other** |
| Banana, blueberry, boysenberry, cantaloupe, cranberry, durian, grape, grapefruit, honeydew, melon, kiwi, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo | Alfalfa, artichoke, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red bell pepper, silver beet, spinach, summer squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini  **Herbs:** basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme | **Cereals** Gluten-free bread or cereal products **Bread** 100% spelt bread **Rice**  **Oats Polenta Other** Arrowroot, millet, psyllium, quinoa, sorghum, tapioca | **Milk** Lactose-free milk, oat milk, rice milk, soy milk **Cheeses** Hard cheeses, brie, camembert **Yogurt** Lactose-free varieties **Ice-cream substitutes** Gelati, sorbet **Butter substitutes** Olive oil | **Sweeteners** Sugar (sucrose), glucose, artificial sweeteners not ending in ‘-ol’ **Honey substitutes** Golden syrup, maple syrup, molasses, treacle |

**Eliminate foods containing FODMAPs**

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| **Excess fructose** | **Lactose** | **Fructans** | **Galactans** | **Polyols** |
| **Fruit** apple, mango, nashi, pear, tinned fruit in natural juice, watermelon **Sweeteners** Fructose, high fructose corn syrup **Large total fructose dose** Concentrated fruit sources, large servings of fruit, dried fruit, fruit juice **Honey** Corn syrup, frusiana | **Milk** Cow’s milk, goat’s milk, custard, ice cream, yogurt **Cheeses** soft unripened cheeses (cottage cheese, cream cheese, mascarpone, ricotta) | **Vegetables** asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion, shallots, spring onion **Cereals** Wheat and rye in large amounts (bread, crackers, cookies, couscous, pasta) **Fruit** custard apple, persimmon, watermelon **Misc.** chicory, dandelion, inulin | **Legumes** baked beans, chickpeas, kidney beans, lentils | **Fruit** apple, apricot, avocado, blackberry, cherry, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon **Vegetables** cauliflower, green bell paper, mushroom, sweet corn **Sweeteners** sorbitol (420) mannitol (421) isomalt (953)  maltitol (965)  xylitol (967) |