

Low FODMAP Diet



FODMAPs is an acronym (abbreviation) referring to Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. These are complex names for a collection of molecules found in food, that can be poorly absorbed by some people.

Foods to avoid

Fructose

- Fruits: apples, boysenberries, cherries (>.3), figs, pears, nashi pears, peaches, mango, watermelon, tamarillo, tinned fruit, dried fruit, large serves of fruit
- Vegetables: asparagus, artichokes, sugar snap peas
- Sweeteners: honey, fructose (.4g daily*), high fructose corn syrup
- Drinks: fruit juice, soft drinks sweetened with fructose, sparkling wine, dessert wine, ciders, rum

Fructans

- Fruits: custard apples, nectarines, peaches, persimmon, rambutan, tamarillo, watermelon
- Vegetables: artichokes, asparagus (>3), beetroot (>4 slices), Brussels sprouts (>1/2 cup), broccoli (>1/2 cup), garlic, leeks, okra, onions, peas (>1/3 cup), radicchio lettuce, snow peas (>10), spring onion (white part)
- Cereals: wheat, rye, barley products (bread, pasta, couscous, crackers, biscuits)
- Nuts: cashews, pistachios
- Fruits: watermelon, custard apple, peaches, persimmon, pomegranates

Galactans

- Legumes: all (chickpeas, lentils, dried/canned beans, baked beans, soy beans)
- Drinks: soy milk

Lactose

- Milk: cow, goat, sheep
- Cheese: fresh (cottage, ricotta, cream cheese, mascarpone)
- Other dairy products: yoghurt, ice cream, custard

Polyols

- Fruits: apples, avocado (>1/4), blackberries, cherries (>3), longan (>10), lychees (>5), nashi pears, nectarines, pears, peaches, plums, prunes, watermelon
- Vegetables: cauliflower, celery (>1 stick), mushrooms, snow peas, sweet potato (>1/2 cup)
- Sweeteners: sorbitol (420), mannitol (421), xylitol (967), maltitol (965), isomalt (953)

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Suggested alternative foods

Fruit

- Banana, blueberries, grapefruit, grapes, honeydew melon, kiwifruit, lemons, limes, mandarins, oranges, passionfruit, pawpaw, pineapples, raspberries, rock melon, tomatoes

Vegetables

- Alfalfa, bamboo shoots, bean sprouts, bok choy, carrot, cabbage (common), capsicum, choko, choy sum, eggplant, green beans, lettuce, chives, parsnip, potato, pumpkin, radish, silver beet, spring onion (green only), squash, zucchini

Cereals

- Gluten-free products, spelt, corn, oats, polenta, quinoa, rice

Nuts

- (<1 handful daily) macadamias, peanuts, pecans, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts

Milk Products

- Milk: lactose-free cow's milk, rice milk
- Cheese: most brie, camembert, cheddar, feta
- Other dairy products: butter, lactose-free yoghurt, dairy free gelati, sorbet

Sweeteners

- Sugar (sucrose), glucose, maple syrup, golden syrup, stevia, sucralose

Meat and Protein

- Meat, poultry, eggs, tofu, tempeh