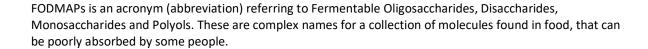
# **Low FODMAP Diet**



## 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, sparking 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**

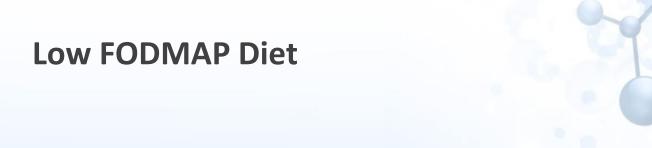
- Legumes: all (chickpeas, lentils, dried/canned beans, baked beans, soy beans)
- Drinks: soy milk

# 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)



# 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