

FODMAP CONTENT

	LOW	MEDIUM	HIGH
FRUIT	Bananas (ripe, but not overripe), blueberries, clementines, grapes, kiwi fruits, lemons, limes, melons (cantaloupe and honeydew), oranges, papayas, passion fruits, pineapples, raspberries, rhubarb, strawberries	Avocados, cranberries, desiccated coconut, grapefruits, raisins	Apples, apricots, blackberries, cherries, dates, figs, mangos, nectarines, peaches, pears, plums, prunes, sultanas, watermelons
VEGETABLES AND PULSES	Alfalfa, aubergines, blueberries, broccoli, cabbage, carrots, celeriac, chard, chillies, chives, courgettes, cucumbers, gingers, kale, leeks (green leaves only), lettuces, okra, olives (green and black), parsnips, peppers, potatoes, radishes, spinach, tomatoes, turnips, watercress	Beetroots, brussel sprouts, butternut squashes, celery, pumpkin, sweet potatoes, chickpeas (canned), green beans, lentils (canned)	Asparagus, cauliflowers, garlic, mushrooms, onions, peas, sweetcorn, baked beans, black beans, borlotti beans, broad beans, butter beans, cannellini beans
CEREAL GRAINS AND FLOURS	Buckwheat flour, corn flour, maize flour, potato starch, rice flour, sorghum flour, tapioca flour, quinoa flour, rice (white, brown, red or wild), polenta, quinoa and quinoa flakes	100% spelt bread, oats	Wheat flour, barley flour, whole-grain/wholemeal flour, rye flour
DAIRY AND NON-DAIRY SUBSTITUTES	Almond milk, lactose-free milk, lactose-free yogurt, rice milk, brie, camembert, cheddar cheese, cottage cheese, feta cheese, goats' cheese, mozzarella cheese, parmesan, pecorino, swiss cheese	Butter, coconut milk, yogurt (Greek, full-fat), sour cream, cream cheese, halloumi, ricotta	Custard, cow's milk, kefir
NUTS AND SEEDS	Brazil nuts, macadamia nuts, peanuts, pecans, pine nuts, walnuts	Almonds, chia seeds, hazelnuts, linseeds, pumpkin seeds, sesame seeds, sunflower seeds	Cashews, pistachios
SWEETENERS	Golden syrup, maple syrup, sugar (brown, caster, icing, raw, white)	Coconut sugar	Agave syrup, artificial sweeteners ending with "ol" such as sorbitol or xylitol, fructose, golden syrup, honey, inulin

FODMAP BY CATEGORY

EXCESS FRUCTOSE	LACTOSE	FRUCTANS	GALACTANS	POLYOLS
<p>FRUIT</p> <p>Apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p>	<p>MILK</p> <p>Milk from cows, goats or sheep, custard, ice cream, yogurt</p>	<p>VEGETABLES</p> <p>Asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p>	<p>LEGUMES</p> <p>Baked beans, chickpeas, kidney beans, lentils</p>	<p>FRUIT</p> <p>Apple, apricot, avocado, blackberry, cherry, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p>
<p>SWEETENERS</p> <p>Fructose, high fructose corn syrup</p>	<p>CHEESES</p> <p>Soft unripened cheeses e.g. cottage, cream, mascarpone, ricotta</p>	<p>CEREALS</p> <p>Wheat and rye, in large amounts e.g. bread, crackers, cookies, couscous, pasta</p>		<p>VEGETABLES</p> <p>Cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p>
<p>LARGE TOTAL FRUCTOSE DOSE</p> <p>Concentrated fruit sources, Large servings of fruit, dried fruit, fruit juice</p>		<p>FRUIT</p> <p>Custard apple, persimmon, watermelon</p>		<p>SWEETENERS</p> <p>Sorbitol (420) Mannitol (421) Isomal (953) Maltitol (965) Xylitol (967)</p>
<p>HONEY</p> <p>Corn syrup, fruisana</p>		<p>MISCELLANEOUS</p> <p>Chicory, dandelion, inulin</p>		