




# Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
<p><b>fruit</b> banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p> <p>Note: if fruit is dried, eat in small quantities</p> 	<p><b>vegetables</b> alfalfa, artichoke, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, summer squash (yellow), swede, sweet potato, taro, tomato, turnip, yam, zucchini</p> <p><b>herbs</b> basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p><b>cereals</b> gluten-free bread or cereal products</p> <p><b>bread</b> 100% spelt bread</p> <p><b>rice</b></p> <p><b>oats</b></p> <p><b>polenta</b></p> <p><b>other</b> arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p> 	<p><b>milk</b> lactose-free milk, oat milk*, rice milk, soy milk* *check for additives</p> <p><b>cheeses</b> hard cheeses, and brie and camembert</p> <p><b>yoghurt</b> lactose-free varieties</p> <p><b>ice-cream substitutes</b> gelati, sorbet</p> <p><b>butter substitutes</b> olive oil</p>	<p><b>sweeteners</b> sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p><b>honey substitutes</b> golden syrup*, maple syrup*, molasses, treacle *small quantities</p> 

## Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
<p><b>fruit</b> apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p><b>sweeteners</b> fructose, high fructose corn syrup</p> <p><b>large total fructose dose</b> concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p><b>honey</b> corn syrup, fruisana</p> 	<p><b>milk</b> milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p><b>cheeses</b> soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p> 	<p><b>vegetables</b> asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p><b>cereals</b> wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta</p> <p><b>fruit</b> custard apple, persimmon, watermelon</p> <p><b>miscellaneous</b> chicory, dandelion, inulin</p>	<p><b>legumes</b> baked beans, chickpeas, kidney beans, lentils</p> 	<p><b>fruit</b> apple, apricot, avocado, blackberry, cherry, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p><b>vegetables</b> cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p><b>sweeteners</b> sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967)</p> 