



Following a Low FODMAP Diet | Foods to Include



Fruit



Bananas
Blueberries
Melon (Honeydew and Cantaloupe)
Cranberries
Grapes
Kiwi
Citrus fruits

(Oranges, Lemons and Limes)
Raspberries
Rhubarb
Strawberries
Passionfruit
Pineapple



Vegetables

Aubergine
Carrot
Celery
Courgette
Cucumber
Ginger
Green Beans
Kale
Lettuce

Olives
Parsnip & Turnip
Red & Yellow
Peppers
Spinach
Swede
Tomatoes
Herbs

Dairy

Butter
Cream
Brie
Cheddar Cheese
Feta Cheese
Cottage Cheese
Mozzarella
Parmesan

Lactose-Free Milk*
Lactose-Free
Yoghurts*



*The brand Lacto-free is not the same as lactose-free.

Carbohydrate Sources

Oats
Potato
Quinoa
Rice
Rice/Oat Cakes

Yam



Sports Foods

Whey Isolate
Glucose
Maltodextrin



Sweeteners

Stevia



Syrups

Maple Syrup
Golden Syrup



Adapted from Nanayakkara et al. (2016)



Following a Low FODMAP Diet | Foods to Eliminate



Excess Fructose

Apples
Cherries
Dried Fruit
Fruit Juices
Honey
Mangos
Pears
Peaches
Prunes
Tinned Fruit (in Natural Juice)
Watermelon



Sweeteners
Fructose
HFCS
(High-Fructose Corn Syrup)

Lactose

Animal Milk
(Cow, Goat, Sheep)
Ice Cream
Whey Protein
Concentrate
Natural Yoghurt**

**Greek yoghurt is lower in lactose than natural yoghurts and so may be well tolerated on a low FODMAP diet in small quantities



Fructans

Bread
Bulgur Wheat
Couscous
Pasta



Asparagus
Artichoke
Beetroot
Broccoli
Savoy Cabbage
Garlic
Leeks
Onion & Shallots

Inulin
(a fibre added to many sports products – check the label)



Galactans

Baked Beans
Berlotti Beans
Broad Beans
Butter Beans
Chickpeas
Haricot Beans
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Soy Beans



Polyols



Apples
Apricot
Avocado
Blackberries
Nectarines
Peaches
Pears
Plums
Prunes
Watermelon



Cauliflower
Green Peppers
Mushrooms
Sweetcorn
Sweet Potato
Sorbitol
Xylitol
Mannitol