



High FODMAP Foods

Vegetables and Legumes

Garlic
Onions
Artichoke
Asparagus
Baked beans
Beetroot
Black eyed peas
Broad beans
Broccoli

Butter beans
Cauliflower
Celery (greater than 5cm)
Corn
Leek
Mange tout
Mushroom
Peas
Butternut pumpkin

Red kidney beans
Savoy cabbage
Soy beans
Split peas
Scallions / spring onions
(bulb / white part)
Shallots

Fruit

Apples
Apricots
Avocado
Bananas
Blackberries
Cherries
Dates

Figs
Grapefruit
Lychee
Mango
Nectarines
Peaches
Pears

Plums
Pomegranate
Dried fruit
Tinned fruit in apple / pear
juice
Watermelon

Meats, Poultry and Meat Substitutes

Chorizo
Sausages

Processed meat – check
ingredients

Crumbed meat

Grains, Breads, Biscuits, Pasta and Cakes

Wheat containing products
including:
Biscuits
Breadcrumbs
Cashews
Cakes
Crumpets
Egg noodles
Muffins

Regular noodles
Pastries
Pasta made from wheat
Sourdough
Udon noodles
Wheat bread
Wheat cereals
Wheat flour
Wheat rolls

Barley
Bran cereals
Couscous
Gnocchi
Muesli
Pistachios
Rye
Semolina

Condiments, Sweets, Sweeteners and Spreads

Agave
Fructose
Gravy, if it contains onion
High fructose corn syrup
(HFCS)

Honey
Milk chocolate
Relish
Stock cubes

Sugar free sweets
containing polyols – usually
ending in -ol or isomalt



Drinks

Beer – if drinking more than one bottle
Dandelion tea
Fruit and herbal teas with apple added
Fruit juices in large quantities
Fruit juices made of apple, pear, mango

Orange juice in quantities over 100ml
Rum
Soft drinks containing high fructose corn syrup (HFCS)
Soy milk made with soy beans – commonly found in USA
Sports drinks

Tea, fennel
Tea, chamomile
Tea, oolong
Wine – if drinking more than one glass

Dairy and alternative

Buttermilk
Custard
Full cream milk
Skim milk

Soy milk (made from whole soy beans)
Light milk
Natural yoghurt

Cream cheese
Haloumi
Cream