



# UNITED GASTROENTEROLOGISTS

## Patient Education Sheet

Below are two lists of FODMAP unfriendly and FODMAP friendly foods. Generally trying to stop usage of the bad foods if you can is advisable but if you really need certain items try and keep the usage down to a minimum. Onion and garlic are particularly bad triggers and should be avoided as best as you can. Try and avoid processed foods and meats. Always look at ingredient lists and try and look for the main culprits: onion, garlic and wheat products. Try and keep fruit to one portion per day.

If you miss your garlic and onions have a try with [garlic infused oil and onion infused oil](#).

## High FODMAP food (things to avoid / reduce)

### Vegetables

- **Garlic – avoid entirely if possible**
- **Onions – avoid entirely if possible**
- Artichoke
- Asparagus
- Avocado
- Baked beans
- Beetroot
- Black eyed peas
- Brussel sprouts
- Broad beans
- Broccoli
- Butter beans
- Cabbage
- Cauliflower
- Chick peas
- Fennel
- Green pepper (green bell pepper)
- Lentils
- Kidney beans
- Leeks
- Mushrooms
- Okra
- Peas
- Soy beans
- Scallions / spring onions (white part)
- Shallots

## **Fruit** - fruits can contain high fructose

- Apples
- Apricots
- Blackberries
- Cherries
- Lychee
- Honey
- Nectarines
- Peaches
- Pears
- Plums
- Prunes
- Tinned fruit in apple / pear juice
- Watermelon

## **Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes**

- Wheat containing products such (be sure to check labels):

- Biscuits
- Breadcrumbs
- Cakes
- Egg noodles
- Regular noodles
- Pastries
- Pasta
- Wheat bread
- Wheat cereals
- Wheat rolls
- Udon noodles

- Bran cereals
- Couscous
- Pistachios
- Rye
- Semolina

## **Sweets and sweeteners**

- Sugar free sweets
- Agavae
- Fructose
- Honey
- High fructose corn syrup (HFCS)

- Inulin
- Isomalt
- Maltitol
- Mannitol
- Sorbitol
- Xylitol
- Milk chocolate

## **Prebiotic Foods**

- The follow items can be added to yoghurts, snack bars etc:
  - FOS – fructooligosaccharides
  - Inulin
  - Oligofructose

## **Drinks**

- Beer – if drinking more than one bottle
- Dandelion tea
- Fruit and herbal teas with apple added
- Orange juice in quantities over 100ml
- Sugar free fizzy drinks – such as diet coke
- Sports drinks
- Rum
- Wine – if drinking more than one glass

## **Dairy Foods**

- Custard
- Ice cream
- Margarine
- Milk – cow, goat and sheep
- Soft cheese – such as cottage cheese, ricotta and mascarpone
- Cheeses with added sugars
- Yoghurt – including greek yogurt

## **Cooking ingredients**

- Cocoa powder

# Low FODMAP food (good to eat food)

## Vegetables

- Bok choy / pak choi
- Bean sprouts
- Butternut squash
- Carrots
- Celery
- Corn – if tolerable
- Courgette
- Chilli – if tolerable
- Chives
- Cucumber
- Eggplant / aubergine
- Green beans
- Ginger
- Lettuce
- Olives
- Parsnip
- Parley
- Red peppers (red bell pepper)
- Potato
- Pumpkin
- Scallions / spring onions (green part)
- Spinach
- Sweet potato
- Tomato – avoid cherry tomato
- Zucchini – if tolerable

## Meats, Poultry

- Chicken
- Beef
- Lamb
- Pork
- Turkey
- Cold cuts / deli meat / cold meats

## Fish and Seafood

- Canned tuna
- Fresh fish e.g.

- Salmon
- Cod
- Haddock
- Plaice
- Trout
- Seafood (ensuring nothing else is added) e.g.
  - Crab
  - Lobster
  - Shrimp
  - Mussels
  - Oysters

## **Fruit**

- Bananas
- Blueberries
- Boysenberry
- Canteloupe
- Cranberry
- Honeydew and Galia melons
- Clementine
- Dates
- Grapes
- Grapefruit
- Kiwifruit
- Lemon
- Lime
- Mandarin
- Orange
- Passion fruit
- Papaya
- Pineapple
- Raspberry
- Raisins
- Strawberry

## **Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes**

- Wheat free or gluten free breads
- Bread made from oats, rice, corn, barley and potato flours
- Wheat free or gluten free pasta
- Buckwheat noodles
- Rice noodles
- Porridge and oat based cereals
- Cornflakes

- Rice bran
- Rice Krispies
- Almonds – max of 15
- Amaranth
- Barley – in small dosages
- Buckwheat
- Crispbread
- Corncakes
- Coconut – milk, cream, flesh
- Macadamia – max of 10
- Millet
- Oats
- Oatcakes
- Peanuts – max of 15
- Pecans – max of 15
- Pine nuts – max of 15
- Polenta
- Potato chips
- Pumpkin seeds – max of 1 – 2 tbsp
- Quinoa
- Rice cakes
- Rice crackers
- Sesame seeds – max of 1 – 2 tbsp
- Sunflower seeds – max of 1 – 2 tbsp
- Sorghum
- Tortilla chips
- Walnuts – max of 10
- White rice
- Wheat free rye

## **Sweets and sweeteners**

- Golden syrup
- Glucose
- Maple syrup
- Sugar – also called sucrose
- Aspartame
- Saccharine
- Sucralose

## **Drinks**

- Clear spirits such as Vodka
- Fruit and herbal tea – ensure no apple added
- Lemonade – in low quantities

- 'Sugar' Fizzy drinks (i.e. not diet/sugar free version) – such as lemonade, cola
- Soya milk
- Wine and beer – limited to 1 drink
- Water

## **Dairy Foods and Eggs**

- Brie cheese
- Butter
- Camembert cheese
- Dairy free chocolate pudding
- Eggs
- Feta cheese
- Gelato
- Hard cheese – such as cheddar
- Lactose free milk
- Mozzarella cheese
- Oat milk
- Parmesan cheese
- Rice milk
- Sorbet
- Swiss cheese
- Tofu

For more information visit [www.uptodate.com/patients](http://www.uptodate.com/patients)



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