

<b>Common High-FODMAP* Foods or Ingredients</b>	<b>Popular Low-FODMAP* Alternatives</b>
Regular milk, yogurt, ice cream	Lactose-free milk products, sorbet
Cottage or ricotta cheese	Hard or aged cheeses
Dried fruit, fruit juice, trail mix, fruit bars	Small portions of fresh or frozen fruit
Apples, pears, stone fruits (cherries, peaches, prunes, apricots, avocados, mango), watermelon, blackberries	Strawberries, blueberries, cranberries, grapes, pineapple, cantaloupe, honeydew, kiwi, ripe bananas, oranges, lemons, limes
Broccoli, cauliflower, Brussels sprouts, mushrooms, sweet corn, tomato paste, artichokes, asparagus, celery, beets	Spinach, kale, lettuce, fresh tomatoes, cucumber, carrots, zucchini, bell peppers, white potatoes; small portions of green beans, peas, sweet potato
Wheat, barley or rye; breads, cereals, pastas or baked goods made of wheat, barley or rye; high-fiber bars or cereals	Rice, cornmeal, spelt or quinoa; breads, cereals, pastas or baked goods made of rice, cornmeal, millet, potatoes or quinoa; small portions of oats
Sugar-free candy or gum sweetened with sorbitol, mannitol, maltitol, xylitol; milk chocolate	Small portions of sugar-sweetened candy or gum; dark chocolate
Canned, baked or refried beans (most varieties), edamame, hummus, soy milk	Firm tofu, tempeh, canned, drained chickpeas or lentils
Pistachios, cashews	Small portions of other nuts, nut butters or seeds
Garlic, onions, ketchup, commercial salad dressings	Garlic-infused oil, chives, scallion greens, leafy herbs, sweet spices, ginger, vinegars, mustards, lemon or lime juice
Beverages, syrups or condiments sweetened with high-fructose corn syrup (regular soda, bottled ice tea), honey, agave	Foods sweetened with granulated sugar, evaporated cane juice, brown sugar, 100% pure maple syrup, brown rice syrup, stevia
Rum, champagne, fortified wines	Small portions wine, gin, vodka, whiskey
Instant coffee, lattés, chamomile or fennel tea	Espresso, filtered coffee, green or peppermint tea, weakly brewed black tea

*\*FODMAP is an acronym for a group of poorly absorbed, fermentable carbohydrates that act in a cumulative manner to produce gastrointestinal symptoms. FODMAP teaching tools become dated rapidly due to the evolving nature of the FODMAP nutrient database, so be mindful of the publication date of any materials about FODMAPs.*