

FODMAPs at a Glance—Updated 8/24/2015

Common High-FODMAP* Foods or Ingredients	Popular Low-FODMAP* Alternatives
Regular milk, yogurt, ice cream	Lactose-free milk products, hemp or almond milk, sorbets
Cottage or ricotta cheese	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, raspberries, grapes, pineapple, cantaloupe, honeydew, kiwi, ripe bananas, oranges, lemons, limes
Broccoli, cauliflower, Brussels sprouts, mushrooms, sweet corn, tomato paste, artichokes, asparagus, celery, beets, onions, garlic, leeks	Spinach, kale, lettuce, fresh tomatoes, cucumber, carrots, zucchini, bell peppers, white potatoes; small portions of green beans, sweet potato, butternut squash
Garlic, onions, ketchup, commercial salad dressings	Garlic-infused oil, chives, scallion or leek greens, leafy herbs, sweet spices, ginger, vinegars, mustards, lemon or lime juice
Regular breads made of wheat, barley or rye; cereals, pastas or baked goods made of wheat, barley or rye; high-fiber bars or cereals	Rice, cornmeal, or quinoa; breads, cereals, pastas or baked goods made of rice, cornmeal, millet, potatoes or quinoa; small portions of oats; sourdough breads
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
Sugar-free candy or gum sweetened with sorbitol, mannitol, maltitol, xylitol, isomalt; milk chocolate	Small portions of sugar-sweetened candy or gum; dark chocolate
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, lattes, chamomile or fennel tea	Espresso, filtered coffee, green or peppermint tea, weakly brewed black tea

**FODMAP is an acronym for a group of rapidly fermentable carbohydrates that act in a cumulative manner to produce gastrointestinal symptoms. FODMAP carbohydrates include lactose, fructose, oligosaccharides and sugar alcohols. A FODMAP elimination diet is not a list of high and low FODMAP foods, but a learning process in which high FODMAP foods are first eliminated, then returned to the diet as symptoms are monitored. Elimination diets are not right for everyone. Please have your symptoms evaluated by your doctor and consider working with a registered dietitian nutritionist to get the best outcome. The above list has been edited for brevity.*