

HIGH FODMAP DIET CHECKLIST

FOODS TO AVOID



By Kate Scarlata RDN, FODMAP & IBS expert

high lactose

[creates gas + pulls water into the gut]

CHEESE

COMMERCIALLY PREPARED RICOTTA CHEESE, COTTAGE CHEESE

BEVERAGES

COW, SHEEP, & GOAT MILK

OTHER

EVAPORATED MILK, YOGURT, ICE CREAM, CUSTARD

excess fructose

[pulls water into the gut]

VEGETABLES

JERUSALEM ARTICHOKES, ASPARAGUS, SUGAR SNAP PEAS, SUN-DRIED TOMATOES

FRUIT

APPLES, BOYSENBERRY, CHERRIES, FRESH FIGS, MANGO, PEARS, TAMARILLO, WATERMELON

SWEETENERS

AGAVE, HIGH FRUCTOSE CORN SYRUP, HONEY

ALCOHOL

RUM

high fructans/GOS

[creates gas]

VEGETABLES

ARTICHOKES, GARLIC, LEEK AND SCALLION BULBS (THE WHITE PARTS), SHALLOT, ONION, ONION & GARLIC POWDER, PEAS, SOYBEANS, KIDNEY BEANS

FRUIT

BANANA (> 1/3), CURRANTS, DATES, FIGS (DRIED), GRAPEFRUIT, NECTARINE, PERSIMMON, PLUMS, PRUNES, WHITE PEACHES, WATERMELON

GRAINS

RYE, WHEAT, BARLEY

NUTS

PISTACHIOS, CASHEW

LEGUMES

BORLOTTI BEANS, MATURE SOYBEANS (MOST SOY MILK, SOY FLOUR), BAKED BEAN, BLACK BEANS, FAVA BEANS, KIDNEY BEANS, NAVY BEANS, SPLIT PEAS

OTHER

OOLONG TEA, CHAMOMILE AND FENNEL HERBAL TEA, CAROB, CHICORY ROOT EXTRACT, INULIN OR FOS (FRUCTOOLIGOSACCHARIDE)

high polyols

[pulls water into the gut]

VEGETABLES

CAULIFLOWER, MUSHROOMS, SNOW PEAS

FRUIT

APPLES, APRICOTS, BLACKBERRIES, CHERRIES, NECTARINES, PEARS, YELLOW PEACHES, PLUMS, PRUNES, WATERMELON

SWEETENERS

SORBITOL, MANNITOL, ISOMALT, XYLITOL

The FODMAP elimination diet is to be followed for a limited time, approximately 2-6 weeks. Work with a FODMAP knowledgeable registered dietitian to provide guidance on the reintroduction phase of the diet and to ensure your diet is nutritionally adequate and balanced.

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REFERENCE: MONASH UNIVERSITY LOW FODMAP APP; USDA NUTRIENT DATABASE.
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