

LOW FODMAP DIET

The information provided on this page is for general education only. It is not intended to replace personalised medical, nutrition, or dietetic advice. Individual nutrition needs vary depending on medical history, medications, growth, pregnancy, health conditions, and treatment goals. Please consult an Accredited Practising Dietitian, doctor, or other qualified health professional before making significant dietary changes.

The following lists contain FODMAP unfriendly and FODMAP friendly foods. Try to minimize the use of the unfriendly foods, particularly onion and garlic, as these are particularly bad triggers. It is preferable to avoid processed foods and meats. Always look at the ingredients in products avoiding foods with onion, garlic and wheat products.

High FODMAP foods that you should avoid include:

Oligosaccharides

- Fructans: Rye and Wheat, asparagus, broccoli, cabbage, onions, garlic
- Galactans: Legumes, such as beans (including baked beans), lentils, chickpeas, and soybeans

Disaccharides

- Lactose: Dairy (milk from cows, goats, or sheep), custard, yogurt, ice cream

Monosaccharides

- Fructose: Fruits (including apples, mangos, pears, watermelon), honey, high-fructose corn syrup, agave

Polyols

- Sorbitol, Mannitol: sugar alcohols and fruits that have pits or seeds, such as apples, apricots, avocados, cherries, figs, peaches, pears, or plums

Low FODMAP foods to enjoy instead include:

- Dairy: Almond milk, lactose-free milk, rice milk, coconut milk, lactose-free yogurt, and hard cheeses.
- Fruit: Bananas, blueberries, cantaloupe, grapefruit, honeydew, kiwi, lemon, lime, oranges, and strawberries.
- Vegetables: Bamboo shoots, bean sprouts, bok choy, carrots, chives, cucumbers, eggplant, ginger, lettuce, olives, parsnips, potatoes, spring onions, and turnips.
- Protein: Beef, pork, chicken, fish, eggs, and tofu.
- Nuts/seeds: (limit to 10-15 each) Almonds, macadamia nuts, peanuts, pine nuts, and walnuts.
- Grain: Oats, oat bran, rice bran, gluten-free pasta, quinoa, white rice, and corn flour.

The following pages contain a comprehensive list of foods classified by each food group.

High FODMAP food (things to limit / reduce)

Vegetables and Legumes

- Garlic – avoid entirely if possible
- Onions – avoid entirely if possible
- Artichoke
- Asparagus
- Baked beans
- Beetroot
- Black eyed peas
- Broad beans
- Butter beans
- Cauliflower
- Celery – greater than 5cm of stalk
- Kidney beans
- Leeks
- Mange Tout
- Mushrooms
- Peas
- Savoy Cabbage
- Soy beans
- Split peas
- Scallions / spring onions (bulb / white part)
- Shallots

Fruit – fruits can contain high fructose (one portion per day)

- Apples
- Apricots
- Avocado
- Blackberries
- Cherries
- Currants
- Dates
- Persimmon
- Plums
- Pomegranate
- Prunes
- Feijoa
- Grapefruit
- Lychee
- Mango
- Nectarines
- Peaches
- Pears
- Raisins
- Tinned fruit in apple / pear juice
- Watermelon

Meats, Poultry and Meat Substitutes

- Prosciutto
- Chorizo
- Sausages
- Processed meat

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

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

- Biscuits
- Breadcrumbs
- Cashews
- Cakes
- Croissants
- Crumpets
- Egg noodles
- Muffins
- Regular noodles
- Pastries
- Pasta made from wheat
- Sourdough
- Udon noodles
- Wheat bread
- Wheat cereals
- Wheat flour
- Wheat rolls
- Wheatgerm
- Barley
- Bran cereals
- Couscous
- Gnocchi
- Muesli
- Pistachios
- Rye
- Semolina

Condiments, Sweets, Sweeteners and Spreads

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

- Honey
 - Milk chocolate
 - Relish
 - Stock cubes
- Isomalt
 - Inulin
 - Isomalt
 - Maltitol
 - Mannitol
 - Sorbitol
 - Xylitol
- Sugar free sweets containing polyols
(usually ending in –ol)

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
- Fruit juices in large quantities
- Fruit juices made of apple, pear, mango
- Orange juice in quantities over 100ml
- Rum
- Sodas 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 Foods

- Buttermilk
- Cream cheese
- Cream
- Custard
- Ice cream
- Milk – cow, goat and sheep
- Sour cream
- Yoghurt – including greek yogurt

Low FODMAP food (good to eat food)

When quantities are provided this is the highest amount allowed

Vegetables and Legumes

- Alfalfa
- Bamboo shoots
- Bean sprouts
- Bok choy / pak choi
- Broccoli – avoid large servings
- Brussel sprouts – 1 serving of 2 sprouts
- Butternut squash – 1/4 cup
- Cabbage – 1 serving of 1 cup
- Carrots
- Celery – less than 5cm of stalk
- Collard greens
- Corn / sweet corn- if tolerable and only in small amounts – 1/2 cob
- Courgette
- Chick peas – 1/4 cup
- Chilli – if tolerable
- Chives
- Cucumber
- Eggplant / aubergine
- Fennel
- Green beans
- Green pepper (green bell pepper)
- Ginger
- Kale
- Leek leaves
- Lentils – in small amounts
- Lettuce
- Marrow
- Okra
- Olives
- Parsnip
- Radish
- Red peppers (red bell pepper)
- Potato
- Pumpkin
- Pumpkin, canned – 1/4 cup, 2.2 oz
- Scallions / spring onions (green part)
- Silverbeet / chard
- Spinach, baby
- Squash
- Swede
- Sweet potato – 1/2 cup
- Tomato – avoid cherry tomato
- Turnip
- Yam
- Zucchini

Fruit

- Bananas
- Blueberries
- Boysenberry
- Cantaloupe
- Cranberry
- Clementine
- Dragonfruit
- Grapes
- Honeydew and Galia melons
- Kiwifruit
- Lemon including lemon juice
- Lime
- Mandarin
- Orange
- Passion fruit
- Paw paw
- Papaya
- Pineapple
- Raspberry
- Rhubarb
- Strawberry
- Tangelo

Meats, Poultry and Meat Substitutes

- Chicken
- Beef
- Lamb
- Pork
- Quorn, mince
- Turkey
- Cold cuts / deli meat / cold meats such as ham and turkey breast

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

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

- Wheat free or gluten free breads
- Bread made from oats, rice, corn, and potato flours
- Wheat free or gluten free pasta
- Buckwheat noodles
- Rice noodles
- Porridge and oat based cereals
- Cornflakes – 1/2 cup
- Rice bran
- Rice Krispies
- Almonds – max of 15
- Amaranth
- Brazil nuts
- Bulgur / bourghal – 1/4 cup cooked, 44g serving
- Buckwheat
- Buckwheat flour
- Brown rice / whole grain rice
- Cornflour / maize
- Crispbread
- Corncakes
- Coconut – milk, cream, flesh
- Corn tortillas, 3 tortillas
- Hazelnuts – max of 15
- Macadamia – max of 10
- Millet
- Oats
- Oatcakes
- Peanuts
- Pecans – max of 15
- Pine nuts – max of 15
- Polenta
- Popcorn
- Potato chips, plain
- Potato flour
- Pumpkin seeds – max of 1 – 2 tbsp
- Quinoa
- Rice cakes
- Rice crackers
- Rice flour
- Sesame seeds – max of 1 – 2 tbsp
- Shirataki noodles (Konjac noodles)
- Spelt flour / bread
- Sunflower seeds – max of 1 – 2 tbsp
- Sorghum
- Tortilla chips
- Walnuts – max of 10
- White rice

Condiments, Sweets, Sweeteners and Spreads

- Aspartame
- Acesulfame K
- Barbecue sauce
- Chocolate, dark
- Chutney, 1 tablespoon
- Fish sauce
- Garlic infused oil
- Golden syrup
- Glucose
- Jam / jelly, strawberry
- Ketchup (USA) – 1 sachet
- Maple syrup
- Marmalade
- Mayonnaise – ensuring no garlic or onion in ingredients
- Mustard
- Olive oil
- Oyster sauce
- Pesto sauce – less than 1 tbsp
- Peanut butter
- Saccharine
- Soy sauce
- Sweet and sour sauce
- Sucralose
- Sugar – also called sucrose
- Tomato sauce (outside USA) – 2 sachets, 13g
- Vegemite
- Vinegar, balsamic – less than 2 tbsp
- Vinegar, rice wine
- Worcestershire sauce

Drinks

- Alcohol – is an irritant to the gut, limited intake advised:
- Beer – limited to one drink
- Clear spirits such as Vodka
- Gin
- Whiskey
- Wine – limited to one drink
- Coffee, espresso, regular or decaffeinated, black
- Coffee, espresso, regular or decaffeinated, with up to 250ml lactose free milk
- Coffee, instant, regular or decaffeinated, black
- Coffee, instant, regular or decaffeinated, with up to 250ml lactose free milk
- Espresso, regular, black
- Fruit juice, 125ml and safe fruits only
- Lemonade – in low quantities

Dairy Foods and Eggs

- Butter
- Cheese, brie
- Cheese, camembert
- Cheese, cheddar
- Cheese, cottage
- Cheese, feta
- Cheese, mozzarella
- Cheese, ricotta – 2 tablespoons
- Cheese, swiss
- Dairy free chocolate pudding
- Eggs
- Gelato

Cooking ingredients, Herbs and Spices

- Herbs: Basil, Cilantro, Coriander, Mint, Oregano, Parsley, Rosemary, Tarragon, Thyme
- Spices: All spice, Cinnamon, Cumin, Five spice, Paprika, Turmeric
- Baking powder
- Baking soda
- Cocoa powder

- Soya milk made with soy protein
- Sugar free fizzy drinks / soft drinks / soda – such as diet coke, in low quantities as aspartame and acesulfame k can be irritants
- ‘Sugar’ fizzy drinks / soft drinks / soda that do not contain HFCS such as lemonade, cola. Limit intake due to these drinks being generally unhealthy and can cause gut irritation
- Tea, black, weak e.g. PG Tips
- Tea, chai, weak
- Tea, fruit and herbal, weak – ensure no apple added
- Tea, green
- Tea, peppermint
- Tea, white
- Water

- Lactose free milk
- Lactose free yoghurt
- Margarine
- Oat milk
- Parmesan cheese
- Rice milk
- Sorbet
- Soy protein (avoid soya beans)
- Swiss cheese
- Tempeh
- Tofu
- Whipped cream

- Cream, 1/2 cup
- Gelatine
- Ghee
- Icing sugar
- Lard
- Salt
- Vegetable oil

Low FODMAP high fibre foods

It can be difficult to get adequate fibre on a low FODMAP diet. You should be trying to achieve an intake of 30g per day. For IBS it is often beneficial to focus on foods which are high in soluble fibre rather than those high in insoluble fibre which can cause bloating and gas.

Foods such as oat bran, flax meal, chia seeds and psyllium husk are good sources of low FODMAP soluble fibre.

- Gluten free seed and grain bread
- Kiwifruit
- Flaxseeds / flaxmeal / Linseed / linseed meal
- Oatmeal / Oatbran
- Gluten free seed/grain bread
- Brazil nuts/Walnuts
- Brown rice
- Quinoa
- Chia seeds
- Potato with skin
- Green beans
- Raspberries

If you are prone to suffering constipation regularly taking 2 tsp per day of the following foods can be trialed: linseeds, ats, oat or rice bran, methylcellulose, sterculia and/or psyllium).

Wheat bran should be avoided as it may worsen pain and bloating.

Laxatives such as polyethylene glycol may be beneficial however seek your health care professional's advice before taking.

A note on fluid intake

Be sure to aim for a minimum of 2 litres of fluid each day as this is important to keep the fibre moving smoothly along the digestive tract and result in more comfortable bowel movements.

Challenge Phase

You have been following a diet low in FODMAPs and hopefully your symptoms are improved.

Even if your symptoms have improved on the low FODMAP diet it is important to reintroduce some high FODMAP foods back to your diet. This guide will help you with the process and should be used alongside advice from your dietitian.

It is important to reintroduce FODMAPs to:

- Identify which groups of FODMAPs you are most sensitive to - not everyone reacts to all FODMAPs.
- Identify the quantity of FODMAPs that trigger your symptoms -small amounts of high FODMAP foods may be well tolerated
- Make your diet more varied and healthy.
- To keep your gut bacteria healthy.

Tips

To ensure FODMAP challenges give clear results:

- Keep to a low FODMAP diet and wait until you have minimal symptoms for at least 3 days **before**
 - you challenge with a new food.
- Avoid eating out during the 3 challenge days as it is more difficult to be sure your diet is low in other FODMAPs.
- Keep other possible symptom triggers (such as caffeine or alcohol) to a minimum
- Use the same food for each of the 3 challenge days

It is important to note that the tolerance level to individual FODMAPs is different for everybody.

If you get symptoms after a food challenge:

- Avoid the food for now, but consider re-challenging again with a smaller amount at a later date.

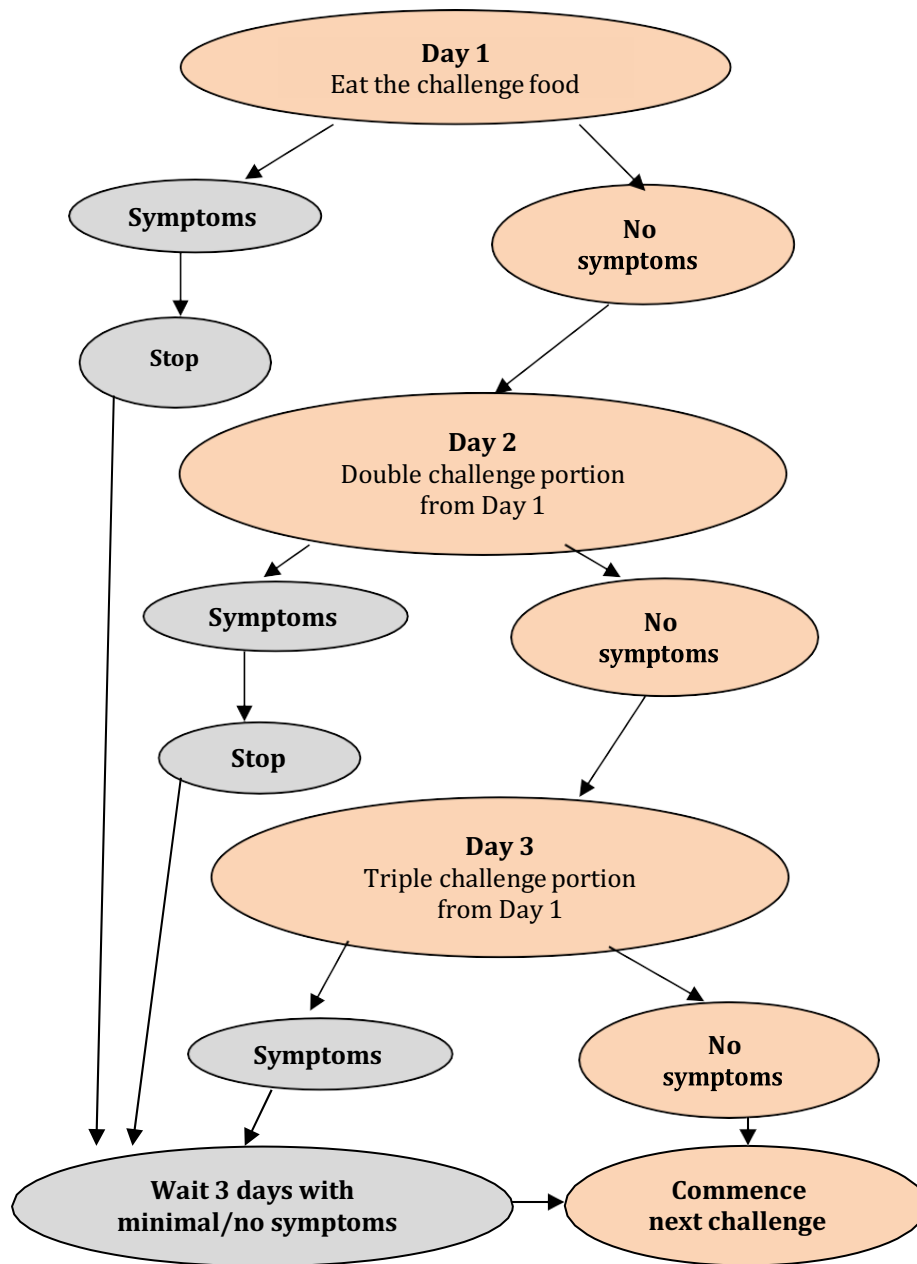
If you do NOT get symptoms after a food challenge:

- Only introduce this back to your diet once you have completed all your challenges.
- Assuming that FODMAP is well tolerated and you should be able to include other foods within the same FODMAP group (in the case of fructose, lactose or GOS).
- The way the gut copes with fructans and polyols varies from one food to another, so introduce foods that contain fructans, and polyols one at a time.

How to Challenge

- Ensure you have minimal symptoms for at **least three days** before each food challenge.
- Choose the FODMAP group you would like to test, and try the portion size of your chosen food recommended in the details below.
- If you do not have symptoms in 24 hours after eating the challenge food, **DOUBLE the portion** size of the same food the following day. If you do have symptoms you are not willing to tolerate, then stop there and consider re-testing at another time.
- If you do not have symptoms in 24 hours after eating the double portion of the challenge food, **TRIPLE the portion** size of the same food the following day. If you do have symptoms you are not willing to tolerate, then stop there, but this shows you can tolerate small amounts of the FODMAP group of foods.
- If you do not have symptoms in 24 hours after eating the triple portion of the challenge food, we can safely assume you do not react to this group of FODMAP foods, and you can apply the results of this test to the other foods containing the same type of FODMAP (except for the FRUCTAN group which need to be tested separately) If you do have symptoms you are not willing to tolerate, then this tells you that you can manage a moderate portion of this group of FODMAP foods, but not an unlimited amount.

How to challenge continued



The Challenges

Fructans

People experience different symptoms for various fructan sources so a challenge is recommended for **each type**. If you wish to challenge other high fructan fruit or vegetables, use a 40g portion on day 1, 80g on day 2 and 120g on day 3.

Wheat – on day 1 use:

- 1 slice of bread or 1 Weetabix or 5 Tablespoons cooked pasta

Day	Quantity	Symptoms
1		
2		
3		

Onion: on day 1 use:

- ½ tablespoon of cooked onion in a low FODMAP meal or salad or
- ½ leek in a low FODMAP meal

Day	Quantity	Symptoms
1		
2		
3		

Garlic: on day 1 use

- ¼ clove of raw or cooked garlic in a low FODMAP meal.

Day	Quantity	Symptoms
1		
2		
3		

Galacto-oligosaccharides (GOS)

- Use 2 tablespoons of beans or pulses (e.g. chickpeas, broad beans, soy bean, butter beans, lentils, baked beans, kidney beans) or
- 10 pistachio / cashew nuts

Day	Quantity	Symptoms
1		
2		
3		

Fructose On day 1:

- Use ½ mango or
- 1 teaspoon of honey

Day	Quantity	Symptoms
1		
2		
3		

Lactose: On day 1:

- Use 125ml semi-skimmed milk or
- 125g natural yogurt

Day	Quantity	Symptoms
1		
2		
3		

Polyols:

There are two different polyols found in fresh foods: sorbitol and mannitol. These must be challenged **separately** so you can assess your tolerance to both.

Sorbitol: On day 1:

- Use 3 tablespoons broccoli or
- ¼ avocado

Day	Quantity	Symptoms
1		
2		
3		

Mannitol: On day 1

- Use 2 tablespoons cauliflower or 1 stick of celery or 3 tablespoons of sweet potato

Day	Quantity	Symptoms
1		
2		
3		

What about the long term?

Whether you get symptoms or not during the challenge process, everybody has a tolerance (or threshold) level to FODMAPs. If you eat too many high FODMAP foods over a short period of time or within the same meal or day you may get symptoms again.

Sometimes including a problem food as part of a meal rather than on its own, or having it less frequently (e.g once or twice a week) causes less symptoms.

Remember, even if you do experience symptoms you will not cause any damage to your gut.

Gentle FODMAP diet

Some people are able to resume a relatively normal diet and follow a less restrictive low FODMAP diet.

Food group	High FODMAP food to restrict
Grains	Wheat and rye
Vegetables	Onion, leek, cauliflower, mushroom
Fruit	Apple, pear, dried fruit, stone fruit, watermelon
Dairy	Milk, yoghurt
Meat/alternatives	Legumes