

AVOID High FODMAP Diet

TAKE Low FODMAP Diet

FRUITS

Apples, Apricots, Avocado
Blackberries, Cherries, Currants
Mango, Nectarines, Peaches

Pears, Persimmons, Plums
Dates, Grapefruit, Lychee, Nashi fruit

Pomegranate, Prunes, Raisins
Tinned fruit in apple/ pear juice
Watermelon

Bananas, Blueberries, Boysenberries
Cranberry, Cantaloupe, Clementine
Grapes, Dragon fruit, Kiwifruit,
Grapefruit

Lime, Mandarin, Orange, Star Fruit
Passionfruit, Papaya, Pineapple,
Tangelo

Raspberry, Rhubarb, Strawberry
Lemon including lemon juice
Honey Dew and Galia Melons
***Limit intake of suitable fruits to one
serve per meal e.g. One whole banana
or orange*

VEGETABLES AND LEGUMES

Garlic* and Onions*

Artichoke, Asparagus, Baked Beans

Beetroot, Black eyed peas, Cauliflower

Broad beans, Butter beans, Peas,
Radicchio Lettuce

Kidney beans, Leeks, Mange Tout,
Cabbage, Brussel Sprouts
Savoy Cabbage, Soy beans, Split peas

Mushrooms, Shallots, Celery
(> 5cm stalk)

Scallions/ spring onions (bulb/ white
part), Spring Onions (White part)*
Garlic and Onions are one of the
greatest contributors of IBS, strict
avoidance is recommended.

Alfalfa, Bean sprouts, Bok choy,
Courgette, sweet potato -1/2 cup

Carrots, Chives, Cucumber, Green
Beans, Tomato (avoid cherry tomato)

Fennel, Ginger, Kale, Okra, Olives,
Lettuce*, Corn*

Potato, Pumpkin, Eggplant*,
Parsley, Radish, Parsnip, Squash*

Leek leaves, Baby Spinach, Turnip,
Zucchini*, Butternut squash- ¼ cup

Lentils – in small amounts

Celery (<5cm stalk), Chick peas (1/4
cup), ChilliBroccoli* – small servings

Green Pepper (green bell pepper),
Red Peppers (red bell pepper),
Scallions/spring onions (green part)*
Eggplant, Corn, Lettuce, Broccoli,
Squash, Zucchini might be
troublesome to some individuals,
check individual symptoms.

DAIRY FOODS

Milk (Cow, goat and Sheep)

Cream, Custard, Ice cream

Butter milk, Soft Cheese such as
Cream cheese, mascarpone cheese,
margarine

Sour Cream, Yogurt (including greek
yogurt)

Lactose-free milk, Soy milk, Rice milk,
Oat milk

Whipped cream, swiss cheese,
Tofu, Tempeh

Hard Cheese (Cheddar, Mozzarella,
Swiss, Parmesan, Cottage, Feta,
Brie, Camembert, Ricotta- 2tbsp)

Butter, Eggs, Gelato, Lactose free
yogurt

CEREAL, BREAD, NUTS & OTHERS

Wheat containing products such as
bread, biscuit

Cakes, Pastries, Pasta made from
wheat

Regular noodles, Udon noodles,
Egg noodles

Wheat bread, Wheat cereals,
Wheat rolls

Barley, Bran Cereals, Rye, Semolina

Cashews, Couscous, Pistachios

Bread (White, wholemeal,
multigrain, sourdough)

Pita bread

Wheat free or Gluten Free breads

Bread made from Oat, rice, corn
and potato flour

Wheat free or Gluten-free Pasta,
Buckwheat

Buckwheat noodles, Rice noodles,
Rice bran

Porridge and oat based cereals,
Amaranth

Cornflakes-1/2 cup, Crispbread,
Corncakes

Brown rice/ whole grain rice, White
Rice

Rice Krispies, Millet, Oats, Oatcakes,
Polenta

Almonds, Hazelnuts, Pecans, Pine
nuts – Max 15

Pumpkin/ Sesame/Sunflower
seeds- Max 1-2 tbsp

Rice cakes, Rice crackers, Spelt,
Sorghum

Peanuts, Walnuts (Max 10),
Macadamia (Max 10)

Popcorn, Quinoa, Potato chips,
Tortilla chips

Coconut- milk, cream, fresh

*** Special notes*

*Small amount of wheat such as
breadcrumbs
Maybe tolerable to some individuals

*Low FODMAP diet allows oats &
barley, but
Individuals with coeliac disease
should eliminate

Gluten from their diet : wheat, rye,
oats & barley

CONDIMENTS, SWEETS, SWEETENERS & SPREADS

Fructose, High fructose corn syrup
Agave, Honey, Inulin, Isomalt

Milk Chocolate

Ketchup/ Tomato sauce (some can
be OK)

Sugar free sweets or low carb sweets
Maltitol, Mannitol, Sorbitol, Xylitol

Corn Syrups, Corn Syrups solids
Fruisana

Sugar free or low carb mints and
gums

Dandelion tea

Glucose, Fish sauce, Golden Syrup
Marmalade, strawberry Jam/Jelly

Dark chocolate

Barbecue sauce, Worcestershire
sauce

Sugar (sucrose), Sucralose

Sweeteners: Aspartame, Acesulfame,
Saccharine

Maple syrup, Chutney, Mustard
Oyster sauce, sweet & sour sauce,
soy sauce

Tic Tacs, minties, regular gums

Vinegar, balsamic (<2 tbsp), Vinegar,
rice wine

Pesto sauce – less than 1 tbsp

Peanut butter, Vegemite, Olive oil

DRINKS

Sodas containing High Fructose
Corn Syrup

Fruit and herbal teas with apple
added

Rum

Beer- if drinking more than 1 bottle

Wine- if drinking more than 1 glass

Orange juice >100ml

Sports drink

**Alcohol is a gut irritant- limit intake*

Sugar free fizzy drinks in low
quantities

Fruit & herbal tea- ensure no apple
added

Lemonade – in low quantities

Clear spirits such as Vodka, Gin,
Whiskey

Beer/ Wine – limited to one drink

Black Coffee, espresso or instant

White Coffee with up to 250ml
lactose free milk

OTHERS

Check for following items in
yoghurts/ snack bars

*Inulin

*Fructo-oligosaccharides

*Oligosaccharides

MEAT, POULTRY AND SEAFOODS

Chicken, Beef, Lamb, Turkey, Pork
Quorn mince, Canned Tuna
Cold cuts/ Deli meats/ cold meats
Fresh fish e.g. Salmon, Cod,
Haddock, Trout

Crab, Lobster, Shrimp, Mussels,
Oysters

Dairy Products and Cooking ingredients

Butter, Eggs, Gelato, Sorbet

Lactose free yogurt, Cocoa Powder
Basil, Cinnamon, Mint, Oregano