





Food Groups	LOW 	MEDIUM*	HIGH 
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Alfalfa</li> <li>Bamboo shoots</li> <li>Broccoli (heads only)</li> <li>Bell peppers (AI)</li> <li>Bok choy</li> <li>Carrot</li> <li>Cherry tomatoes (AI)</li> <li>Chives</li> <li>Cucumber</li> <li>Eggplant (AI)</li> <li>Endive</li> <li>Ginger</li> <li>Green Beans</li> <li>Kale &amp; Lettuce</li> <li>Olives</li> <li>Mushroom</li> <li>Parsnip</li> <li>Pickles (without sugar)</li> <li>Seaweed or Nori</li> <li>Spinach</li> <li>Spring onion (green part only)</li> <li>Swiss chard (silver beet)</li> <li>Tomatoes (AI)</li> <li>Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>Avocado</li> <li>Beetroot</li> <li>Broccoli (stalks)</li> <li>Brussels sprouts</li> <li>Butternut</li> <li>Pumpkin</li> <li>Cauliflower</li> <li>Celery</li> <li>Fennel bulb</li> <li>Green peas</li> <li>Guacamole</li> <li>Mushrooms</li> <li>Sauerkraut</li> </ul>	<ul style="list-style-type: none"> <li>Artichoke</li> <li>Asparagus</li> <li>Cabbage</li> <li>Garlic</li> <li>Jerusalem artichoke</li> <li>Leeks</li> <li>Okra</li> <li>Onions</li> <li>Shallot</li> <li>Snow peas</li> <li>Sugar snap peas</li> <li>Raddichio</li> <li>Tomato sauces &amp; paste (AI)</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Banana (green)</li> <li>Blueberry</li> <li>Cantaloupe</li> <li>Grapefruit</li> <li>Honeydew</li> <li>melon</li> <li>Kiwifruit</li> <li>Lemon</li> <li>Lime</li> <li>Mandarin</li> <li>Orange</li> <li>Clementine</li> <li>Papaya</li> <li>Passion fruit</li> <li>Plantains</li> <li>Pineapple</li> <li>Raspberry</li> <li>Rhubarb</li> </ul>	<ul style="list-style-type: none"> <li>Banana (yellow &amp; spots)</li> <li>Longon</li> <li>Lychee</li> <li>Rambutan</li> <li>Grapes</li> <li>Strawberry</li> </ul>	<ul style="list-style-type: none"> <li>Blackberry</li> <li>Apples</li> <li>Apricots</li> <li>Cherries Dried</li> <li>Grapes</li> <li>Mangos</li> <li>Nectarines</li> <li>Peach Pears</li> <li>Persimmon</li> <li>Plum</li> <li>Watermelon</li> </ul>
<b>Starches</b>	<ul style="list-style-type: none"> <li>White potatoes (AI)</li> <li>Plantains or Banana (green)</li> <li>Turnip or Rutabaga</li> <li>Cassava or Yuca</li> <li>Spaghetti or Kabocha Squash</li> <li>White rice (AI)</li> </ul>	<ul style="list-style-type: none"> <li>Sweet potatoes (up to 1/2 a cup is OK)</li> <li>Yams</li> <li>Butternut Squash</li> </ul>	<ul style="list-style-type: none"> <li>Beans of all types (AI)</li> <li>Lentils (AI)</li> </ul>
<b>Nuts &amp; Seeds</b>	<ul style="list-style-type: none"> <li>Hemp or Hemp Milk (AI)</li> <li>Pumpkin seeds (AI)</li> <li>Pecans (AI)</li> <li>Pine nuts (AI)</li> <li>Tiger nuts</li> <li>Sesame seeds (AI)</li> </ul>	<ul style="list-style-type: none"> <li>Most nuts and nut butter (AI) (cashews, macadamia, pecans, pine nuts, walnuts, sunflower seeds)</li> </ul>	<ul style="list-style-type: none"> <li>Pistachios (AI)</li> <li>Almonds (AI)</li> <li>Hazelnuts (AI)</li> </ul>

Food Groups	LOW 	MEDIUM*	HIGH 
<b>Dairy</b>	<p><b>Butter (AI)</b>  <b>Ghee (AI)</b>  <b>Cream (AI)</b>                      (only if casein tolerated)</p>	<p><b>Aged Cheese (AI)</b></p>	<p><b>Fresh cheese (AI)</b>  <b>Milk (AI)</b>  <b>Yogurt (AI)</b>                      (lactose and often fructose too if sweetened)</p>
<b>Protein</b>	<p><b>Meat</b>  <b>Poultry</b>  <b>Fish and Seafood</b>  <b>Eggs (AI)</b>  <b>Bacon</b> (without added sugar)  <b>Hemp (AI)</b></p>	<p><b>X</b></p>	<p><b>Any containing breading, gravies, stocks, broth, sauces or marinades prepared with unsafe ingredients</b>                      (read the ingredient list)</p>
<b>Fats</b>	<p><b>Coconut oil</b>  <b>Avacado Oil</b>  <b>Ghee (AI) or Butter (AI)</b>  <b>Cream (AI)</b>  <b>Lard</b>  <b>Olive oil</b>  <b>Macadamia oil (AI)</b>  <b>Homemade mayo (AI)</b></p>	<p><b>Avocado</b>  <b>Guacamole</b></p>	<p><b>Salad dressings, sauces or marinades prepared with unsafe ingredients</b>                      (read the ingredient list)</p>
<b>Treats</b>	<p><b>X</b>                      (best to be avoided for a little while)</p>	<p><b>Dried coconut</b> (unsweetened)  <b>Coconut sugar</b>  <b>Maple syrup</b>  <b>Coconut milk, cream, butter</b>  <b>Coconut flour</b>  <b>Dark chocolate (AI)</b>  <b>Cocoa powder unsweetened</b></p>	<p><b>High-fructose</b>  <b>Corn syrup (AI)</b>  <b>Agave syrup</b>  <b>Honey</b>  <b>Sugar-free treats</b>  <b>With Artificial sweeteners</b> (can also be a problem for some)</p>
<b>Seasonings and other ingredients</b>	<p><b>Sea Salt</b>  <b>Pepper (AI)</b>  <b>Fresh herbs</b>  <b>Dried herbs</b>  <b>Ginger</b>  <b>Garlic-infused oil</b> <b>Lemon or Lime juice</b> <b>Spices op</b>  <b>Vinegars</b>                      (balsamic, red wine, apple cider)  <b>Asafoetida powder</b>                      (taste similar to onion)  <b>Seaweed or Nori</b>  <b>Olive tapenade</b>  <b>Sun-dried tomatoes (AI)</b></p>	<p><b>Guacamole</b></p>	<p><b>Chicory</b>  <b>Fructo-oligosaccharide Inulin</b>  <b>Prebiotic</b>  <b>Onion and Garlic powder</b>  <b>Gums, carrageenan and other thickeners or stabilizers</b>  <b>Sugar-alcohols</b>                      (sorbitol, mannitol, xylitol, isomalt)  <b>Medicine &amp; supplements</b>                      (read the ingredients)</p>
<b>Drinks and alcohol</b>	<p><b>Water</b>  <b>Tea</b> (green, oolong, black, mate, rooibos) <b>Homemade bone broth made with safe ingredients</b> (very good for your gut)</p>	<p><b>Teas with unsafe fruits</b>  <b>Dry wines</b>  <b>Coffee (AI)</b>                      Alcohol and caffeine are irritants to the gut</p>	<p><b>Sweeter wines</b>  <b>Port wines</b>  <b>Beer (AI)</b>                      (contains gluten and some also contain mannitol)  <b>Fruit juices or Soda</b></p>

## References:

- (1) Aglaée the Paleo dietitian, Paleo low fodmap food list, 2012.
- (2) Eastern Health Clinical School – Monash University. The Low-FODMAP Diet: Reducing Poorly Absorbed Sugars to Control Gastrointestinal Symptoms. 2010.
- (3) Muir JG, et al. Fructans and Free Fructose Content of Common Australian Vegetables and Fruit. J. Agric. Food Chem. 2007; 55: 6619-6627.
- (4) Muir JG, et al. Measurement of Short-Chain Carbohydrates in Common Australian Vegetables and Fruits by High-Performance Liquid Chromatography (HPLC). J. Agric. Food Chem. 2009, 57, 554–565
- (5) Shephred SJ, et al. Fructose Malabsorption and Symptoms of Irritable Bowel Syndrome: Guidelines for Effective Dietary Management. J Am Diet Assoc.2006; 106: 1631-1639.
- (6) Gibson PR, et al. Evidence-Based Dietary Management of Functional Gastrointestinal Symptoms: The FODMAP Approach. Journal of Gastroenterology and Hepatology. 2010; 25: 252– 258.