





Food Groups	LOW 	MEDIUM*	HIGH 
Vegetables	Alfalfa Bamboo shoots Bean sprouts Bell peppers (AI) Bok choy Carrot Cherry tomatoes (AI) Chives Cucumber Eggplant (AI) Endive Ginger Green Beans Kale Lettuce Olives Parsnip Pickles (without sugar) Seaweed, nori Spinach Spring onion (green part only) Swiss chards (silverbeet) Tomatoes Zucchini	Avocado Beetroot Broccoli Brussels sprouts Butternut pumpkin Cauliflower Celery Fennel bulb Green peas Guacamole Mushrooms Sauerkraut	Artichoke Asparagus Cabbage Garlic Jerusalem artichoke Leeks Okra Onions Shallot Snow peas Sugar snap peas Raddichio Tomato sauces & paste
Fruits	Banana (Green) Blueberry Cantaloupe Grapefruit Honeydew melon Kiwifruit Lemon Lime Mandarin Orange Papaya Passionfruit Pineapple Raspberry Rhubarb Strawberry	Banana (Yellow & Spots) Longon Lychee Rambutan Grapes	Apples Apricots Cherries Dried fruits Fruits juices Grapes Mangos Nectarine Peach Pears Persimmon Plum Watermelon
Starches	White potatoes (AI) Plantains (green) Turnip Rutabaga Taro, Cassava/yuca Squash White rice (AI)	Sweet potatoes Yams Butternut Squash	X
Nuts	X	Most nuts and nut butter (AI) (cashews, macadamia, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds)	Pistachios (AI) Almonds (AI) Hazelnuts (AI)

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

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.