





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

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