





Food Groups	LOW 	MEDIUM*	HIGH 
Vegetables	<ul style="list-style-type: none"> 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 (silver beet) Tomatoes (AI) Zucchini 	<ul style="list-style-type: none"> Avocado Beetroot Broccoli (stalks) Brussels sprouts Butternut Pumpkin Cauliflower Celery Fennel bulb Green peas Guacamole Mushrooms Sauerkraut 	<ul style="list-style-type: none"> Artichoke Asparagus Cabbage Garlic Jerusalem artichoke Leeks Okra Onions Shallot Snow peas Sugar snap peas Raddichio Tomato sauces & paste
	Fruits	<ul style="list-style-type: none"> Banana (green) Blueberry Cantaloupe Grapefruit Honeydew melon Kiwifruit Lemon Lime Mandarin Orange Clementine Papaya Passion fruit Plantains Pineapple Raspberry Rhubarb 	<ul style="list-style-type: none"> Banana (yellow & spots) Longon Lychee Rambutan Grapes Strawberry
Starches		<ul style="list-style-type: none"> White potatoes (AI) Plantains or Banana (green) Turnip or Rutabaga Cassava or Yuca Spaghetti or Kabocha Squash White rice (AI) 	<ul style="list-style-type: none"> Sweet potatoes (up to 1/2 a cup is OK) Yams Butternut Squash
Nuts & Seeds	<ul style="list-style-type: none"> Hemp or Hemp Milk (AI) Pumpkin seeds (AI) Pecans (AI) Pine nuts (AI) Tiger nuts Sesame seeds (AI) 	<ul style="list-style-type: none"> Most nuts and nut butter (AI) (cashews, macadamia, pecans, pine nuts, walnuts, sunflower seeds) 	<ul style="list-style-type: none"> Pistachios (AI) Almonds (AI) Hazelnuts (AI)

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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 breading, 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 (AI)</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>Sea Salt Pepper (AI) Fresh herbs Dried herbs Ginger Garlic-infused oil Lemon or Lime juice Spices op Vinegars (balsamic, red wine, apple cider) Asafoetida powder (taste similar to onion) 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)</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.