

Phase 1:**Foods High in Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols (FODMAPs) and Suitable Alternatives**

FODMAP	Foods high in FODMAPs	Suitable alternatives low in FODMAPs
Excess fructose	<p>Fruits: apple, clingstone peach, mango, nashi pear, pear, sugar snap pea, tinned fruit in natural juice, watermelon</p> <p>Honey sweeteners: fructose, high-fructose corn syrup</p> <p>Large total fructose dose: concentrated fruit sources, large servings of fruit, dried fruit, fruit juice</p>	<p>Fruits: banana, blueberry, cantaloupe, carambola, durian, grape, grapefruit, honeydew melon, kiwi, lemon, lime, orange, passion fruit, pawpaw, raspberry, strawberry, tangelo</p> <p>Honey substitutes: golden syrup, maple syrup</p> <p>Sweeteners: any sweeteners except polyols</p>
Lactose	<p>Milk: regular and low-fat cow, goat, and sheep milk; ice cream</p> <p>Yogurts: regular and low-fat yogurts</p> <p>Cheeses: soft and fresh cheeses</p>	<p>Milk: lactose-free milk, rice milk</p> <p>Ice cream substitutes: gelato, sorbet</p> <p>Yogurts: lactose-free yogurts</p> <p>Cheeses: hard cheeses</p>
Oligosaccharides (fructans and/or galactans)	<p>Vegetables: artichoke, asparagus, beetroot, broccoli, brussel sprouts, cabbage, fennel, garlic, leek, okra, onion, pea, shallot</p> <p>Cereals: rye and wheat cereals when eaten in large amounts (e.g. biscuits, bread, couscous, crackers, pasta)</p> <p>Legumes: baked bean, chickpea, lentil, red kidney bean</p> <p>Fruits: custard apple, persimmon, rambutan, watermelon, white peach</p>	<p>Vegetables: bamboo shoots, bok choy, capsicum, carrot, celery, chives, choko, choy sum, corn, eggplant, green beans, lettuce, parsnips, pumpkin, silverbeet, spring onion (green part only)</p> <p>Onion/garlic substitutes: garlic-infused oil</p> <p>Cereals: gluten-free and spelt bread/cereal products</p> <p>Fruit: tomato</p>
Polyols	<p>Fruits: apple, apricot, avocado, cherry, longon, lychee, nashi pear, nectarine, peach, pear, plum, prune, watermelon</p> <p>Vegetables: cauliflower, mushrooms, snow peas</p> <p>Sweeteners: isomalt, maltitol, mannitol, sorbitol, xylitol, and other sweeteners ending in “-ol”</p>	<p>Fruits: bananas, blueberry, cantaloupe, carambola, durian, grape, grapefruit, honeydew melon, kiwi, lemon, lime, orange, passion fruit, pawpaw, raspberry</p> <p>Sweeteners: glucose, sugar (sucrose), other artificial sweeteners not ending in “-ol”</p>

Phase 2:

Low FODMAP Food Choices

Food Group	Foods to Eat	Foods to Limit
Meats, Poultry, Fish, Eggs	beef, chicken, canned tuna, eggs, egg whites, fish, lamb, pork, shellfish, turkey, cold cuts	foods made with high FODMAP fruit sauces or the HFCS
Dairy	lactose-free dairy, small amounts of: cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss), mozzarella, sherbet	buttermilk, chocolate, cottage cheese, ice cream, creamy/cheesy sauces, milk (from cow, sheep or goat), sweetened condensed milk, evaporated milk, soft cheeses (brie, ricotta), sour cream, whipped cream, yogurt
Meat, Non-Dairy Alternatives	almond milk, rice milk, rice milk ice cream, nuts, nut butters, seeds	coconut milk, coconut cream, beans, black eyes peas, hummus, lentils, pistachios, soy products
Grains	wheat free grains/wheat free flours (gluten free grains and wheat free): bagels, breads, hot/cold cereals (corn flakes, cheerios, cream of rice, grits, oats, etc.), crackers, noodles, pastas, quinoa, pancakes, pretzels, rice, tapioca, tortillas, waffles	chicory root, inulin, grains with HFCS or made from wheat (terms for wheat: einkorn, emmer, kamut, spelt), wheat flours (terms for wheat flour: bromated, durum, enriched, farina, graham, semolina, white flours), flour tortillas, rye
Fruits	bananas, berries, cantaloupe, grapes, grapefruit, honeydew, kiwi, kumquat, lemon, lime, mandarin, orange, passion fruit, pineapple, rhubarb, tangerine	avocado, apples, applesauce, apricots, dates, canned fruit, cherries, dried fruits, figs, guava, lychee, mango, nectarines, pears, papaya, peaches, plums, prunes, persimmons, watermelon
Vegetables	bamboo shoots, bell peppers, bok choy, cucumbers, carrots, celery, corn, eggplant, lettuce, leafy greens, pumpkin, potatoes, squash (butternut, winter), yams, tomatoes, zucchini	artichokes, asparagus, beets, leeks, broccoli, brussel sprouts, cabbage, cauliflower, fennel, green beans, mushrooms, okra, snow peas, summer squash
Desserts	any made with allowed foods	any with HFCS or made with foods to limit
Beverages	low FODMAP fruit/vegetable juices (limit to ½ cup at a time), coffee, tea	any with HFCS, high FODMAP fruit/vegetable juices, fortified wines (sherry, port)
Seasonings, Condiments	most spices and herbs, homemade broth, butter, chives, flaxseed, garlic flavored oil, garlic powder, olives, margarine, mayonnaise, onion powder, olive oil, pepper, salt, sugar, maple syrup without HFCS, mustard, low FODMAP salad dressings, soy sauce, marinara sauce (small amounts), vinegar, balsamic vinegar	HFCS, agave, chutneys, coconut, garlic, honey, jams, jellies, molasses, onions, pickle, relish, high FODMAP fruit/vegetable sauces, salad dressings made with high FODMAPs, artificial sweeteners: sorbitol, mannitol, isomalt, xylitol (cough drops, gums, mints)

