



# Low FODMAP Foods / 2014

## Low FODMAPs

### Vegetables

Alfalfa, bean sprouts, green beans, bok choy, capsicum (bell pepper), carrot, chives, fresh herbs, choy sum, cucumber, lettuce, tomato, zucchini.

### Fruit

Banana, orange, mandarin, grapes, melon

### Milk & Dairy

Lactose-free milk, lactose-free yoghurts, hard cheese

### Protein Sources

Meats, fish, chicken, Tofu, tempeh

### Breads & Cereals

Gluten-free bread and sourdough spelt bread, rice bubbles, oats, gluten-free pasta, rice, quinoa

### Sweets & Snacks

Gluten-free biscuits, rice cakes, corn thins, almonds (<10 nuts), pumpkin seed, dark chocolate

### Oils & Butters

Fats and oils are generally low in FODMAPs as they contain very little or no carbohydrate. However, it is important to note that fats and oils do affect gut motility.

## High FODMAPs

Asparagus, artichokes, onions(all), leek bulb, garlic, legumes/pulses, sugar snap peas, onion and garlic salts, beetroot, Savoy cabbage, celery, sweet corn

Apples, pears, mango, nashi pears, watermelon, nectarines, peaches, plums

Cow's milk, yoghurt, soft cheese, cream, custard, ice cream

Legumes/pulses

Rye, wheat-containing breads, wheat-based cereals with dried fruit, wheat pasta

Cashews, pistachios, milk/white chocolate

Limit intake of fats and oils that are high in saturated fat (such as butter, palm oil and coconut oil) and to moderate total fat intake.