

Low FODMAP foods

FODMAP'—Fermentable Oligo-, Di- and Monosaccharides and Polyols



Grapes



Raspberry & strawberry



Cucumber



Corn



Tomato



Rice



Maple Syrup



Kiwi fruit



Bok choy



Eggplant



Blueberry



Banana



Grapefruit

Maple syrup



Orange



Lemon



Lettuce



Margarine



Fish



Green parts of scallions



Carrot



Green bean



Black tea

High FODMAP foods (Fermentable Oligo-, Di- and Monosaccharides and Polyols)



Garlic



Beet



Onion



Okra



White parts of scallions



Asparagus



Peas



Mushroom



Cauliflower

Ghoshal UC, FODMAPS

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High FODMAP foods



Apricot



Fruit juice



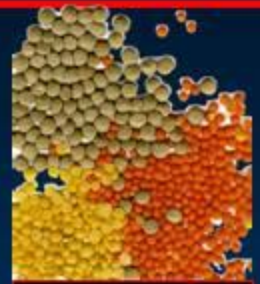
Pears



Rye



Baked beans



Lentils



Apple



Canned fruits



Watermelon



Milk & its products



Custard



Artichokes



Mango



Nectarines



Wheat



Ice cream



Kidney beans



Broccoli



Peach



Plums



Chick peas



Cabbage