Low FODMAP foods — Fermentable Oligo-, Di- and Monosaccharides and Polyols

Grapes
Raspberry & strawberry
Maple syrup
Kiwi fruit
Bok choy
Lemon
Orange
Corn
Cucumber
Tomato
Eggplant
Blueberry
Margarine
Fish
Black tea
Green parts of scallions
Carrot
Green bean
Maple syrup
Rice
Banana
Grapefruit
Lettuce
West Virginia
High FODMAP foods (Fermentable Oligo-, Di- and Monosaccharides and Polyols)

- Garlic
- Beet
- Onion
- Okra
- White parts of scallions
- Asparagus
- Mushroom
- Peas
- Cauliflower
High FODMAP foods

- Apricot
- Fruit juice
- Pears
- Rye
- Baked beans
- Lentils
- Apple
- Canned fruits
- Watermelon
- Custard
- Artichokes
- Mango
- Milk & its products
- Kidney beans
- Broccoli
- Nectarines
- Ice cream
- Chick peas
- Peach
- Plums
- Wheat
- Cabbage

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