

FODMAPs

(fermentable oligosaccharides, disaccharides, monosaccharides, polyols)

FODMAPs are types of carbohydrates that may be difficult for the body to digest and are in a variety of foods. A low FODMAP diet is not a diet for life. If you suspect FODMAPs are bothersome, it's best to work with your health care provider and a registered dietitian, who specialize in this type of elimination diet, to help create a customized plan. Below is a sample food list that outlines common high and low FODMAP foods.

Food Category	High FODMAP Foods	Low FODMAP Foods
<p style="text-align: center;">Fruits</p>	<ul style="list-style-type: none"> • Apples • Apple Juice • Blackberries • Cherries • Dried Fruit • Mango • Nectarines • Peaches • Pears • Plums • Watermelon 	<ul style="list-style-type: none"> • Cantaloupe • Grapes • Kiwi • Mandarin • Orange • Pineapple • Strawberries
<p style="text-align: center;">Vegetables</p>	<ul style="list-style-type: none"> • Artichoke • Asparagus • Cauliflower • Garlic • Mushrooms • Onion • Peas • Sun-Dried Tomatoes 	<ul style="list-style-type: none"> • Bell Pepper • Bok Choy • Carrot • Cucumber • Eggplant • Green Beans • Lettuce • Potato • Tomato • Zucchini

Food Category	High FODMAP Foods	Low FODMAP Foods
<p>Dairy and Dairy Alternatives</p>	<ul style="list-style-type: none"> • Cow's Milk • Cottage Cheese • Custard • Evaporated Milk • Ice Cream • Soy Milk - made from whole soybeans • Sweetened Condensed Milk • Yogurt 	<ul style="list-style-type: none"> • Almond Milk • Brie Cheese • Colby Cheese • Feta Cheese • Hard Cheeses - cheddar • Lactose-Free Milk • Soy Milk - made from soy protein
<p>Protein</p>	<ul style="list-style-type: none"> • Legumes • Some Marinated Meats, Poultry, Seafood 	<ul style="list-style-type: none"> • Eggs • Firm Tofu • Plain, Cooked Meats • Poultry • Seafood • Tempeh
<p>Breads and Cereals</p>	<ul style="list-style-type: none"> • Wheat, Rye and Barley-Based Products • Breakfast Cereals • Breads • Biscuits • Snack Products 	<ul style="list-style-type: none"> • Corn Flakes • Oats • Quinoa • Rice • Corn Pasta • Rice Cakes • Sourdough • Gluten-Free Breads • Wheat, Rye and Barley-Free Products
<p>Nuts and Seeds</p>	<ul style="list-style-type: none"> • Cashews • Pistachios 	<ul style="list-style-type: none"> • Macadamia Nuts • Peanuts • Peanut Butter • Poppy Seeds • Pumpkin Seeds • Walnuts • Walnut Butter

Food Category	High FODMAP Foods	Low FODMAP Foods
Sweets and Desserts	<ul style="list-style-type: none">• High Fructose Corn Syrup• Honey• Sorbitol• Sugar-Free Candy	<ul style="list-style-type: none">• Cocoa Powder• Dark Chocolate• Maple Syrup• Rice Malt Syrup• Table Sugar
Other	<ul style="list-style-type: none">• Chamomile Tea• Chicory Root Extract• Inulin• Oolong Tea	