

FODMAP FOODS TO ENJOY AND AVOID

Here is a comprehensive list of the foods to enjoy and avoid on the FODMAP diet. For more info on the low-FODMAP diet, visit cooksmarts.com/low-fodmap

AVOID: High FODMAP Foods		ENJOY: Low FODMAP Foods	
VEGETABLES, BEANS, FUNGUS, AND LEGUMES			
• Artichokes • Asparagus • Beans (<i>black, broad, garbanzo, haricot, kidney, lima, mung, soy</i>) • Beets • Black-eyed peas • Broccoli • Brussels sprouts • Cabbage • Cassava • Cauliflower • Celery – <i>if more than 5 cm of stalk</i> • Chicory root • Edamame / soy beans • Fennel	• Garlic • Green beans • Leeks • Lentils – <i>except in small amounts</i> • Mushrooms • Okra • Onions • Peas (<i>snow peas, sugar snap, split</i>) • Pickled or fermented vegetables • Scallions – <i>avoid white part of the bulb</i> • Shallots • Sweet corn • Taro	• Alfalfa sprouts • Bamboo shoots • Bean sprouts • Bell peppers • Bok choy • Carrots • Celery – <i>limit to less than 5 cm of stalk</i> • Chilis • Chives • Corn – <i>limit to 1/2 cob</i> • Cucumbers • Eggplant • Ginger • Leafy greens (<i>collard, kale, spinach, Swiss chard, etc.</i>) • Lentils – <i>in small amounts</i> • Lettuce • Olives – <i>limit to 15 small pieces</i>	• Parsnips • Potatoes • Pumpkin – <i>limit to 1/2 cup</i> • Radishes • Scallions – <i>limit to green parts only</i> • Seaweed – <i>check ingredients</i> • Winter squashes (<i>butternut, spaghetti</i>) – <i>limit to 1/2 cup - 1 cup</i> • Sweet potato – <i>limit to 1/2 cup</i> • Tomato (<i>canned, cherry, common, roma, 4 pieces of sun-dried</i>) • Turnips • Yams • Zucchini

AVOID: High FODMAP Foods		ENJOY: Low FODMAP Foods	
FRUITS			
• Apples • Apricots • Avocados • Bananas, ripe • Blackberries • Boysenberries • Canned fruit • Cherries • Cranberries • Dried fruits (including dates and raisins) • Figs • Goji berries		• Grapefruit • Guava • Lychee • Mango • Nectarines • Papaya • Peaches • Pears • Persimmons • Plums • Pomegranates • Prunes • Watermelon	
		• Bananas, firm / green – limit to 1 piece • Berries – all kinds except blackberries, boysenberries, and cranberries • Cantaloupe – limit to 1/2 cup • Clementines • Dragonfruit • Lingonberries • Galia melon • Grapes • Honeydew – limit to 1/2 cup • Kiwifruit – limit to 2 small fruits	
		• Kumquats • Lemons • Limes • Mandarin oranges • Oranges • Passionfruit • Pineapple – limit to 1 cup • Plantains, peeled • Rhubarb • Tamarind • Tangelos • Tangerines	
MEATS, POULTRY, SEAFOOD, AND PROTEIN SUBSTITUTES			
• Processed meats • Sausages • Seitan • Soy products – except firm tofu • Textured vegetable protein		• Beef • Chicken • Cold cuts / deli meat • Eggs • Fish • Lamb • Pork	
		• Quorn meatless proteins – check ingredients • Shellfish • Turkey • Tofu – firm only	

AVOID: High FODMAP Foods

ENJOY: Low FODMAP Foods

DAIRY AND DAIRY SUBSTITUTES

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| <ul style="list-style-type: none"> • Buttermilk • Cream, including whipped • Coconut milk and cream • Custard • Ice cream / gelato • Kefir • Milk (cow, goat, sheep, evaporated) | <ul style="list-style-type: none"> • Soft cheeses (<i>brie, cottage, cream, more than 2 Tbsp ricotta</i>) • Sour cream • Soy milk • Yogurt – <i>except for lactose-free</i> | <ul style="list-style-type: none"> • Alternative milks (<i>almond, hemp, lactose-free, 7 oz of rice milk</i>) – <i>make sure to check for sweeteners</i> • Butter • Cheese (<i>cheddar, colby, goat, mozzarella, parmesan, swiss, 2 Tbsp of ricotta</i>) – <i>limit to small amounts</i> • Margarine • Yogurt – <i>lactose-free only</i> • Sherbet of permissible fruits |
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GRAINS, NUTS, AND SEEDS

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| <ul style="list-style-type: none"> • Wheat (<i>flour, einkorn, emmer, kamut, spelt, farina, graham, semolina</i>) • Almond meal • Amaranth flour | <ul style="list-style-type: none"> • Barley, including flour • Cashews • Einkorn flour • Pistachios • Rye | <ul style="list-style-type: none"> • Bulgur – <i>limit to 1/4 cup cooked</i> • Buckwheat (<i>flour, noodles</i>) • Cornmeal • Millet • Nuts (<i>almonds, hazelnuts, pecans, pine</i>) – <i>limit to 15 pieces</i> • Nuts (<i>Brazil, chestnuts, macadamia,</i> | <ul style="list-style-type: none"> <i>peanuts, walnuts)</i> • Oats – <i>limit to 1/2 cup of oatmeal</i> • Quinoa • Rice (<i>basmati, brown, white, noodles, flour</i>) • Seeds (<i>chia, egusi, poppy, pumpkin sesame, sunflower</i>) • Sorghum |
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CONDIMENTS, SAUCES, AND SWEETENERS			
• Agave • Caviar dip • Chutneys • Chocolate, milk and white • Gravy – <i>if it contains onions</i> • High fructose corn syrup (HFCS) • Hummus • Honey • Inulin • Jams made with high-FODMAP fruits	• Molasses • Pesto – <i>avoid if more than 1 Tbsp</i> • Pickled vegetables and relish • Quince paste • Stock cubes • Sugar-free sweets containing polyols (<i>xylitol, sorbitol, maltitol, erythritol, mannitol, isomalt, etc.</i>) • Tahini • Tzatziki	• Brown sugar • Capers, in vinegar or salted • Chocolate, dark – <i>in moderation</i> • Fish sauce – <i>check ingredients</i> • Jams made with permissible fruits – <i>in moderation; check sweeteners</i> • Maple syrup, pure • Mayonnaise – <i>check ingredients</i> • Miso paste • Mustard	• Nut butters made with permissible nuts • Oyster sauce – <i>check ingredients</i> • Shrimp paste – <i>check ingredients</i> • Starches (<i>potato, tapioca</i>) • Stevia • Sugar (<i>granulated, cane, evaporated cane juice</i>) • Vinegars (<i>apple cider, balsamic, rice wine</i>) – <i>limit to 2 Tbsp</i>
HERBS, SPICES, AND BAKING INGREDIENTS			
• Carob powder • Garlic powder • Onion powder • Nutmeg	• Baking powder • Baking soda • Cocoa powder • Gelatin • Ghee • Herbs (<i>basil, bay leaves, cilantro, coriander, fenugreek, lemongrass, mint, oregano, parsley, rosemary, sage, tarragon, thyme</i>) • Lard • Oils (<i>coconut, olive, peanut, sesame, sunflower</i>) • Salt • Spices (<i>allspice, black pepper, cardamom, chilli powder without garlic, cinnamon, cloves, cumin, curry powder, five spice, mustard seeds, paprika, saffron, star anise, turmeric</i>)		

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BEVERAGES

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| <ul style="list-style-type: none"> • Beer – <i>if more than 1 bottle</i> • Champagne • Coconut water • Fruit Juices made from high-FODMAP fruits – <i>avoid large quantities</i> • Kombucha • Port • Rum • Sherry | <ul style="list-style-type: none"> • Sodas containing High Fructose Corn Syrup (HFCS) • Sports drinks • Wine – <i>if more than 1 glass</i> • Teas, strong (black, chai, chamomile, dandelion, fennel, fruit, herbal teas with apple, oolong) | <ul style="list-style-type: none"> • Alcohol (clear spirits, gin, whiskey, and 1 bottle / glass of beer and wine) – <i>limit intake</i> • Coffee, regular or decaffeinated (black, espresso, instant) • Fruit juice made with permissible fruits – <i>limit up to 4 oz; check sweeteners</i> • Lactose-free protein powders (egg, rice, hemp, some whey) • Lemonade – <i>limit up to 4 oz; check sweeteners</i> • Teas (black, chai, fruit, herbal tea without apple, green, peppermint, white) – <i>weak and limited to 1/2 cup at a time</i> |
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