

## FODMAP Table: Acronym, Information and Examples

	Description	Details	Examples of foods containing FODMAPs
<b>F</b>	Fermentable	By bacteria in the large bowel	
<b>O</b>	Oligosaccharides	Fructans and Galacto-oligosaccharides	Wheat, rye, barley, onions, leek, shallots, white part of spring onion, garlic, legumes, lentils, artichokes, chicory
<b>D</b>	Disaccharides	Lactose	Milk, evaporated milk, yoghurt, custard and ice-cream
<b>M</b>	Monosaccharides	Fructose (in excess of glucose)	Honey, mango, watermelon, apples, pears, high fructose corn syrup
<b>A</b>	And		
<b>P</b>	Polyols	eg. Sorbitol, Mannitol, Maltitol, Xylitol	Apples, pears, apricots, nectarines, plums, cauliflower, products (eg. gums & confectionery) sweetened with polyols