

Food Group

Low FODMAP

High FODMAP



Vegetables

Aubergine, bok choy, beetroot, broccoli, carrots, corn, tomato, lettuce, zucchini, cucumber, eggplant, olives, potato, pumpkin, spinach, green beans

Asparagus, artichoke, mushrooms, cauliflower, garlic, onion, shallots, spring onion bulb, leek bulb, peas



Fruits

Strawberries, kiwi, blueberries, raspberries, pineapple, oranges, unripe banana

Apple, mango, pear, peaches, nectarines, cherries, plums, watermelon, dried fruit



Breads, Cereals, Flours & Grains

Gluten free bread, sourdough bread, gluten free pasta, rice, quinoa, polenta, plain rice crackers, oats/porridge, muesli without dried fruit or honey

Wheat, barley, rye bread, wheat pasta/noodles, couscous



Meat, Poultry, Fish, Legumes, Beans & Nuts

Fresh meat, chicken & fish, eggs, tempeh, firm tofu, small amounts of canned lentils, chickpeas and butter beans. Macadamias, peanuts, pumpkin seeds/pepitas, walnuts

Crumbed & battered meats, marinades, sauces & gravies with onion or garlic, most legumes/pulses. Cashews, pistachios



Milk, Yoghurt, Cheese

Lactose free milk, lactose free yoghurt, lactose free cream & ice cream, hard cheese, soy milk & soy ice cream made with soy protein, rice & almond milk

Regular cows milk, yoghurt, custard, ice cream and cream



Sugars, Sweeteners & Confectionery

Brown or white sugar, maple syrup, rice malt syrup, stevia, chocolate

Honey, agave, high fructose corn syrup, sugar free lollies/candy, molasses, mints & gum

