

# FODMAP foods

What foods to enjoy and what to avoid when on a low-FODMAP elimination diet.

	ENJOY	AVOID		ENJOY	AVOID
<b>FRUIT</b>	avocado, 1/8 or less <b>banana, fresh or dried (not too ripe)</b> blueberries <b>rockmelon</b> coconut, fresh, 1/2 cup or less <b>coconut, dried, 1/4 cup or less</b> cranberries, dried, 1 tablespoon or less <b>durian fruit</b> grapes <b>honeydew melon</b> kiwifruit, gold or green <b>lemon</b> longon, 5 or less <b>lime</b> lychee, 2 or less <b>mandarin</b> orange <b>passionfruit</b> pawpaw <b>pineapple</b> passionfruit <b>pomegranate, 1/4 cup or less of seeds or 1/2 small or less</b> raspberries <b>rhubarb</b> rock melon <b>star fruit</b> strawberries <b>tangelo</b>	apples <b>apricots</b> blackberries <b>boysenberries</b> cherries <b>custard apples</b> dried fruit <b>feijoa</b> figs <b>grapefruit</b> mango <b>nashi pear</b> nectarines <b>peaches</b> pears <b>plums</b> persimmons <b>prunes</b> tamarillos <b>watermelon</b>	<b>VEGETABLES</b>	alfalfa <b>bamboo shoots</b> bean sprouts <b>beetroot, 2 slices or less</b> bok choy <b>broccoli, head not stalk</b> broccolini, stalks not head <b>Brussels sprouts, two or less</b> butternut squash, 1/4 cup or less <b>cabbage, Savoy or green, 1/2 cup or less</b> cabbage, red <b>capsicum, any colour</b> carrots <b>celery, 5cm or less</b> chives <b>choko, less than 1/2 cup</b> Chinese greens <b>corn, 1/2 cob or less</b> courgette <b>cucumber, peeled</b> edamame <b>eggplant/aubergine</b> endive <b>fennel less than 1/4 cup</b> galangal <b>ginger</b> green beans <b>kumara, less than 1/2 cup</b> kale <b>leek, green leaves only</b> lettuce, all types <b>marrow</b> mushroom, oyster only <b>okra</b> olives <b>parsnip</b> potatoes <b>puha</b> pumpkin, buttercup <b>silverbeet</b> spaghetti squash <b>spinach</b> spring onion, green part only <b>squash</b> swede <b>taro less than 1/2 cup</b> tomatoes <b>turnip</b> yams <b>watercress</b>	asparagus <b>artichokes</b> cauliflower <b>chicory</b> garlic <b>leek, white part</b> mushrooms <b>onions, white, brown, shallots, spring onion (white part)</b> onion and garlic salts and powders <b>legumes, chickpeas, red kidney beans, baked beans, borlotti beans</b> lentils <b>peas, fresh and frozen</b> pumpkin except buttercup <b>snow peas</b> sugar snap peas
	<b>SWEETENERS AND SUGARS</b>	boiled sweets <b>golden syrup, less than 1/2 tablespoon</b> jam, marmalade (from allowed fruit list) <b>sugar</b> stevia <b>syrup, molasses, treacle, rice, maple</b>		agave syrup <b>high fructose corn syrup</b> honey <b>isomalt (953)</b> jam made from fruits to avoid <b>mannitol (421)</b> molasses <b>sorbitol (420)</b> xylitol (967) <b>yeast extracts</b>	

	ENJOY	AVOID
DAIRY AND DAIRY ALTERNATIVES	almond milk <b>butter</b> coconut milk, drinking, less than ½ cup per day <b>coconut milk, canned, ½ cup or less</b> coconut milk, canned for cooking <b>coconut yoghurt</b> ghee <b>goats' milk yoghurt</b> hard or ripened cheeses, Parmesan, cheddar, Edam, Gouda, mozzarella, brie, camembert, feta <b>lactose-free milk</b> lactose-free yoghurt <b>margarine</b> oat milk, ½ cup or less <b>rice/nut milks</b> soy milks made from soy bean extract <b>soy yoghurt (without added Inulin)</b>	cows, goat and sheep milk, including A2 <b>cow and sheep yoghurt</b> cream, sour cream <b>milk powder</b> condensed, evaporated and butter milks <b>custard</b> ice cream <b>coconut milk with added inulin</b> soy milk made from whole soy bean <b>soft cheeses that have not undergone a ripening process, Ricotta, cottage cheese, Haloumi, cream cheese</b>

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PROTEINS	beef and lamb <b>canned lentils</b> chia seeds <b>chicken</b> chickpeas less than ¼ cup <b>fish</b> linseed <b>LSA mix</b> nuts, no more than 10 nuts of any type <b>Quorn</b> peanut butter <b>pork, bacon and ham</b> pumpkin seeds <b>sunflower seeds</b> seafood <b>sesame seeds</b> tempeh <b>tofu</b>	baked beans <b>cashew nuts</b> dried or canned beans, except lentils <b>pistachio nuts</b> processed or marinated meats with onion salt/powder or garlic <b>silken tofu</b> TVP

	ENJOY	AVOID
CARBOHYDRATES	almond meal flour, ¼ cup or less <b>bulghar, less than ¼ cup cooked</b> buckwheat flour <b>corn crackers</b> gluten-free breakfast cereal, without fruit and apple concentrate <b>green banana flour</b> maize flour <b>polenta (corn)</b> quinoa <b>rice noodles, crackers and cakes</b> rice <b>rolled oats</b> spelt sourdough, 2 slices or less <b>spelt, organic, sieved</b> tapioca <b>teff</b> wheat and gluten-free breads - avoid soy bread <b>wheat and gluten-free premixed flours</b> wheat and gluten-free flours <b>wheat and gluten-free pasta</b> wheat and gluten-free biscuits	amaranth flour <b>barley flour</b> bread <b>chickpea/gram/channa flour</b> croissants <b>coconut flour</b> pita bread <b>pizza</b> rye flour <b>soy flour/soy grits</b> sour dough <b>wheat flour</b> wheatbran <b>wheatgerm</b> wheat breads <b>wheat pasta</b> wheat-based breakfast cereals <b>worn cereals (unless gluten free)</b> muesli with wheat flakes and fruit <b>honey-coated cereals</b>

	ENJOY	AVOID
DRINKS	water, hot, cold, mineral, tap <b>decaffeinated fruit, herbal, peppermint teas</b> caffeine drinks, less than 3 cups a day <b>decaffeinated coffee</b> cocoa powder/drinking chocolate <b>drink sensibly vodka, gin, whisky, small amounts of dry white wine</b>	chicory drinks and chicory containing coffee substitutes <b>chamomile tea</b> coconut water <b>fennel tea</b> fizzy drinks <b>fruit juices</b> fructose containing sport drinks <b>herbal tea</b> oolong tea <b>beer, wine, cider, rum</b>