

Food Category	High FODMAP Foods	Low FODMAP Foods
Vegetables	Artichokes, asparagus, cauliflower, garlic, leeks, mushrooms, onion, peas (green), sugar snap peas	Beans (green), bok choy, bell peppers, carrot, cucumber, eggplant, lettuce, potato, tomato, zucchini
Fruits	Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon	Cantaloupe, grapes, kiwi fruit, mandarins, oranges, pineapple, strawberries
Dairy and Alternatives	Cow's milk, custard, evaporated milk, ice cream, soy milk (made from whole soybeans), sweetened condensed milk, yogurt	Almond milk, brie/camembert, feta cheese, hard cheeses, lactose-free milk and lactose-free milk products, soy milk (made from soy protein)
Protein Sources	Most legumes/pulses, some marinated meats/poultry/seafood, some processed meats	Eggs, firm tofu, plain cooked meats/poultry/ seafood, tempeh
Breads and Cereal Products	<i>Wheat/rye/barley-based</i> breads, breakfast cereals, biscuits, pasta and snack products	Corn flakes, oats, quinoa flakes, quinoa/rice/corn pasta, rice cakes (plain), sourdough spelt bread, <i>wheat/rye/barley-free</i> breads
Sugars, Sweeteners and Confectionary	High-fructose corn syrup, honey, sugar-free sweeteners, sorbitol, mannitol, isomalt, maltitol, xylitol	Dark chocolate, maple syrup, rice malt syrup, table sugar
Nuts and Seeds	Cashews, pistachios	Macadamias, peanuts, pumpkin seeds, walnuts