

The Low FODMAP Diet

Food Sources of FODMAPs and Suitable Alternatives

FODMAPS TO AVOID

Excess Free Fructose
Fructose > Glucose

Fruit: apple, pear, guava, honeydew melon, mango, nashi fruit, pawpaw/papaya, quince, star fruit (carambola), watermelon

Honey

Major sweetening ingredient:

- ⇒ High-fructose corn syrup
- ⇒ Corn syrup solids
- ⇒ Fructose
- ⇒ Fruit juice concentrate

SUITABLE ALTERNATIVES

Glucose in balance with,
or in excess of Fructose

Stone fruit: apricot*, nectarine*, peach*, plum* (note these contain sorbitol)

Berry fruit: blueberry, blackberry, boysenberry, cranberry, raspberry, strawberry

Citrus fruit: kumquat, grapefruit, lemon, lime, mandarin, orange, tangelo

Other fruit: ripe banana, jackfruit, kiwi fruit, passion fruit, pineapple, rhubarb, tamarillo

Other: table sugar consumed in moderation

FODMAPS TO AVOID

Fructose load >3 g/serving

Dried fruit: apple, apricot, currant, date, fig, pear, prune, raisin, sultana

Fruit juice, canned packing juice

Fruit condiments and sauces: tomato paste, chutney, relish, plum sauce, sweet and sour sauce, barbeque sauce

Fruits with high total fructose content: cherry, grape, persimmon, lychee, apple, pear, watermelon

More than 1 standard serving of fruit at any time

Coconut: milk, cream

Dried fruit bars

Honey

Fortified wines: sherry, port, etc.

Other:

Sucrose sweetened soft drinks (More than 355 mL)

Candy/chocolate (excess intake ≥ 40 g sucrose per 50 g serving)

SUITABLE ALTERNATIVES

Glucose-rich accompaniments
(NB - these foods have no nutritional value. They can be used in conjunction with high-fructose foods. Speak to your Dietitian about incorporating these food alternatives into your diet.)

Glucose-sweetened energy/sports drinks (if needed as a replacement for sweetened drinks)

Glucose supplements: e.g. tablets and powder

Glucose powder, tablets, syrup

Glucose-sweetened confectionary (even if

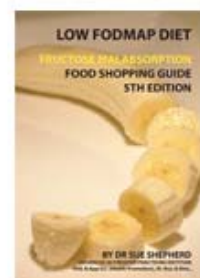
Want more information?

Here is a helpful resource for planning meals!

An updated shopping guide listing food and drinks suitable for the Low FODMAP Diet

Check it out at :

www.shepherdworks.com



*Food source also listed under "FODMAPs to Avoid"

The Low FODMAP Diet

Food Sources of FODMAPs and Suitable Alternatives

FODMAPS TO AVOID

High in Oligosaccharides
(Fructans and/or Galactans)

Vegetables: artichokes, asparagus, beet-root, Brussels sprout, broccoli, cabbage, fennel, garlic, leeks, okra, onions, peas, shallots

Cereals: wheat & rye when eaten in large amounts (e.g. bread, pasta, couscous, crackers, biscuits) - can be tolerated in trace amounts

Legumes: chickpeas, lentils, red kidney beans, baked beans

Fruits: watermelon, custard apple, white peaches, rambutan, persimmon

SUITABLE ALTERNATIVES

Low in Oligosaccharides
(Fructans and/or Galactans)

Vegetables: tomato, carrot, celery, corn, eggplant, green beans, lettuce, chives, parsnip, pumpkin, spring onion (green only), bamboo shoots, bok choy, capsicum, choko, choy sum, silverbeet

Onion/garlic substitutes: garlic-infused oil

Cereals: oats, oatmeal (unsweetened) gluten-free & spelt bread/cereal products

FODMAPS TO AVOID

High in Lactose

Milk: cow, goat, and sheep (regular and low-fat), ice cream

Yogurt (regular and low-fat), frozen yogurt

Cheeses: soft & fresh (e.g. ricotta)

SUITABLE ALTERNATIVES

Low in Lactose

Milk: lactose-free, rice milk, soy milk

Cheese: "hard" cheeses including brie, camembert

Yogurt: lactose-free

Ice cream substitutes: gelato, sorbet

Butter

FODMAPS TO AVOID

High in Polyols

Fruits: apples, apricots, cherries, longon, lychee, nashi pears, nectarine, pears, peaches, plums, prunes, watermelon

Vegetables: avocado, cauliflower, mushrooms, snow peas

Sweeteners: sorbitol, mannitol, xylitol, maltitol, isomalt, and others ending in "-ol"

SUITABLE ALTERNATIVES

Low in Polyols

Fruits: banana, blueberry, carambola, durian, grapefruit, grape*, honeydew melon*, kiwifruit, lemon, lime, mandarin, orange, passionfruit, paw paw, raspberry, rockmelon

Sweeteners: sugar (sucrose), glucose, artificial sweeteners not ending in "-ol"