

# Low FODMAP Food Choices

Food Group	Foods to Eat	Foods to Limit
<b>Meats, Poultry Fish, Eggs</b>	beef, chicken, canned tuna, eggs, egg whites, fish, lamb, pork, shellfish, turkey, cold cuts	foods made with high FODMAP fruit sauces or with HFCS
<b>Dairy</b>	lactose free dairy, small amounts of: cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss), mozzarella, sherbet	buttermilk, chocolate, cottage cheese, ice cream, creamy/cheesy sauces, milk (from cow, sheep or goat), sweetened condensed milk, evaporated milk, soft cheeses (brie, ricotta), sour cream, whipped cream, yogurt
<b>Meat, Non-Dairy Alternatives</b>	almond milk, rice milk, rice milk ice cream, nuts, nut butters, seeds	coconut milk, coconut cream, beans, black eyed peas, hummus, lentils, pistachios, soy products
<b>Grains</b>	wheat free grains/wheat free flours ( <u>gluten free grains are wheat free</u> ): bagels, breads, hot/cold cereals (corn flakes, cheerios, cream of rice, grits, oats, etc), crackers, noodles, pastas, quinoa, pancakes, pretzels, rice, tapioca, tortillas, waffles	chicory root, inulin, grains with HFCS or made from wheat ( <i>terms for wheat: einkorn, emmer, kamut, spelt</i> ), wheat flours ( <i>terms for wheat flour: bromated, durum, enriched, farina, graham, semolina, white flours</i> ), flour tortillas, rye
<b>Fruits</b>	bananas, berries, cantaloupe, grapes, grapefruit, honeydew, kiwi, kumquat, lemon, lime, mandarin, orange, passion fruit, pineapple, rhubarb, tangerine	avocado, apples, applesauce, apricots, dates, canned fruit, cherries, dried fruits, figs, guava, lychee, mango, nectarines, pears, papaya, peaches, plums, prunes, persimmon, watermelon
<b>Vegetables</b>	bamboo shoots, bell peppers, bok choy, cucumbers, carrots, celery, corn, eggplant, lettuce, leafy greens pumpkin, potatoes, squash, yams, (butternut, winter), tomatoes, zucchini	artichokes, asparagus, beets, leeks, broccoli, brussel sprouts, cabbage, cauliflower, fennel, green beans, mushrooms, okra, snow peas, summer squash
<b>Desserts</b>	any made with allowed foods	any with HFCS or made with foods to limit
<b>Beverages</b>	low FODMAP fruit/vegetable juices (limit to ½ cup at a time), coffee, tea	any with HFCS, high FODMAP fruit/vegetable juices, fortified wines (sherry, port)
<b>Seasonings, Condiments</b>	most spices and herbs, homemade broth, butter, chives, flaxseed, garlic flavored oil, garlic powder, olives, margarine, mayonnaise, onion powder, olive oil, pepper, salt, sugar, maple syrup without HFCS, mustard, low FODMAP salad dressings, soy sauce, marinara sauce (small amounts), vinegar, balsamic vinegar	HFCS, agave, chutneys, coconut, garlic, honey, jams, jellies, molasses, onions, pickle, relish, high FODMAP fruit/vegetable sauces, salad dressings made with high FODMAPs, artificial sweeteners: sorbitol, mannitol, isomalt, xylitol (cough drops, gums, mints)