

# COMMON SOURCES OF FODMAP

FODMAP	EXCESS FRUCTOSE	LACTOSE	OLIGOSACCHARIDES	POLYOLS
Problem high-FODMAP food source	<p>Fruits: apples, pears, peaches, mango, sugar snap peas, watermelon, tinned fruit in natural juice</p> <p>Honey</p> <p>Sweeteners: fructose, high fructose corn syrup</p> <p>Large total fructose dose: concentrated fruit sources; large servings of fruit, dried fruit, fruit juice</p>	<p>Milk: cow, goat and Sheep (regular &amp; low-fat), ice cream</p> <p>Yogurt (regular &amp; low-fat)</p> <p>Cheeses: soft &amp; fresh (e.g., ricotta, cottage)</p>	<p>Vegetables: artichokes, Asparagus, beetroot, Brussels sprout, broccoli, cabbage, fennel, garlic, leeks, okra, onions, peas shallots.</p> <p>Cereals: wheat &amp; rye when eaten in large amounts (e.g., bread, pasta, couscous, crackers, biscuits)</p> <p>Legumes: chickpeas, lentils, red kidney beans, baked beans</p> <p>Fruits: watermelon, custard apple, white peaches, rambutan, persimmon</p>	<p>Fruits: apples, apricots, cherries, lychee, nectarine, pears, peaches, plums, prunes, watermelon</p> <p>Vegetables: avocado, cauliflower, mushrooms, snow peas</p> <p>Sweeteners: sorbitol, mannitol, xylitol, maltitol, isomalt &amp; others ending in '-ol'</p>



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Suitable alternative low-FODMAP food source	<p>Fruit: banana, blueberry, durian, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, paw paw, raspberry, strawberry, tangelo.</p> <p>Honey substitutes: maple syrup</p> <p>Sweeteners: any except polyols</p>	<p>Milk: lactose-free, rice milk, almond milk</p> <p>Cheese: 'hard' cheeses including brie, camembert</p> <p>Yogurt: lactose-free</p> <p>Ice cream substitutes: gelati, sorbet</p> <p>Butter</p>	<p>Vegetables: bamboo shoots, bok choy, carrot, celery, corn, eggplant, green beans, lettuce, chives, parsnip, pumpkin, pepper, spring onion, (green only), tomato</p> <p>Onion/garlic substitutes: garlic-infused oil</p> <p>Cereals: gluten-free &amp; spelt bread/cereal products</p>	<p>Fruits: banana, blueberry, durian, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, paw paw, raspberry</p> <p>Sweeteners: sugar (sucrose), glucose, other artificial sweeteners not ending in 'ol'</p>

