

Foods Suitable on a Low-Fodmap Diet:

Fruit:

Banana, blueberry, boysenberry, cantaloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo. Note, if fruit is dried, eat in small quantities.

Vegetables:

Alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, eggplant, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini

Herbs:

Basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme

Grain Foods:

Cereals:

Gluten-free bread of cereal products. Bread - 100% spelt bread. Rice, oats, polenta
Other - arrowroot, millet, psyllium, quinoa, sorgum, tapioca

Milk Products:

Milk - lactose free milk*, oat milk*, rice milk*, soy milk*

*check for additives

Cheeses - hard cheeses, and brie and camembert

Yogurt - lactose free varieties

Ice-cream substitutes - gelati, sorbet

Butter substitutes - olive oil

Other:

Tofu

Sweeteners - sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'

Honey substitutes - golden syrup*, maple syrup*, molasses, treacle

*small quantities

Eliminate Foods Containing Fodmaps:

Excess Fructose

Fruit - apple, mango, nashi, pear, tinned fruit in natural juice, watermelon

Sweeteners - fructose, high fructose corn syrup

Large total fructose dose - concentrated fruit sources, large serves of fruit, dried fruit, fruit juice

Honey - corn syrup, fruisana

Lactose

Milk - milk from cows, goats or sheep, custard, ice cream, yogurt

Cheeses - soft unripened cheeses eg cottage, cream, mascarpone, ricotta

Fructans

Vegetables - artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, fennel, garlic, leek, okra, onion (all), shallots, spring onion

Cereals - wheat and rye, in large amounts eg bread, crackers, cookies, couscous, pasta

Fruit - custard apple, persimmon, watermelon

Miscellaneous - chicory, dandelion, inulin, pistachio

Galactans

Legumes - baked beans, chickpeas, kidney beans, lentils, soy beans

Polyols

Fruit - apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prunice, watermelon

Vegetables - cauliflower, green capsicum (bell pepper), mushroom, sweet corn

Sweeteners - sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)