

low FODMAP diet cheat sheet

What are FODMAPs?

FODMAPs stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols.

Oligosaccharides

Fructans, which mostly come from wheat products and some vegetables. This group also includes inulin (a type of fibre), which is often added to yoghurt, and fructo-oligosaccharides, which are found in packaged foods. Fructans are poorly absorbed by all individuals, we just differ in the amount our body can tolerate them.

Galacto-oligosaccharides (GOS), are found in legumes. The technical names are raffinose and stachyose. As with fructans, we all have trouble absorbing GOS.



Disaccharides

Lactose, which naturally occurs in varying amounts in milk and milk products. People vary in the amount of lactose they can absorb.

Monosaccharides

Fructose, often referred to as 'fruit sugar'. It is naturally present in all fruits, and also in many other foods. It is usually only a problem if the food contains more fructose than glucose, or if too much is eaten at once.



Polyols

Includes sorbitol, mannitol, maltitol, xylitol. They occur naturally in some fruits and vegetables and are also in artificial sweeteners. Food packaging with artificial sweetener as an ingredient will often state 'excess consumption may have a laxative effect'. Polyols are only partially absorbed by everyone. It is important to remember that some foods contain more than one type of FODMAPs.

See the following pages for a handy guide of what food and drinks can be included and the ones to avoid for a low FODMAP diet.



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*Please note all food data listed in this resource is based on information from the Monash University Low FODMAP App and was correct at time of publishing. We endeavour to keep this resource as up to date as possible, however given the fast paced nature of research, and changing FODMAP of some foods there may occasionally be a discrepancy.



Fruits

Fruit to include

- Acai powder (20g)
- Ackee, tinned in brine
- Banana chips, dried (30g)
- Banana, common (unripe)
- Banana, sugar (firm)
- Blueberries (<1/4 cup)
- Breadfruit
- Carambola (star fruit)
- Clementine
- Coconut fresh (<2/3 cup)
- Coconut shredded, dried (<1/2 cup)
- Cumquat
- Dragon fruit
- Durian
- Grapes
- Guava, ripe
- Kiwi fruit
- Lemon
- Lime
- Mandarin
- Mangosteen
- Mixed peel, citrus fruits (<1/3 cup)
- Orange
- Papaya
- Passionfruit
- Pear, prickly
- Pineapple (fresh)
- Plantain
- Rockmelon (<3/4 cup)
- Rhubarb
- Strawberry
- Tamarind

Fruit to avoid

Excess Fructose:

- Apple
- Banana, sugar (ripe)
- Boysenberry
- Cherry
- Feijoa
- Figs, fresh
- Guava
- Jackfruit (freeze dried)
- Mango
- Mangosteen (freeze dried)
- Peaches (canned)
- Pear
- Sultanas
- Tamarillo
- Watermelon
- Mangosteen (freeze dried)
- Honeydew melon
- Nectarine
- Paw paw (dried)
- Peach (white)
- Persimmon
- Pineapple (dried)
- Plum
- Pomegranate
- Prunes
- Rambutan
- Sultanas
- Watermelon

Excess Oligos (fructan/GOS):

- Apricot
- Banana, common (ripe)
- Cranberries, dried
- Custard apple
- Dates
- Figs, dried
- Goji berries (dried)
- Grapefruit
- Jackfruit (freeze dried)
- Longan

Excess Polyols (sorbitol, mannitol)

- Apple
- Apricot
- Avocado
- Blackberries
- Cherry
- Longan
- Lychee
- Nectarine
- Peach
- Pear
- Plum
- Prunes
- Watermelon

Breakfast cereals

To include

- Amaranth, puffed (<1/4 cup)
- Buckwheat flakes, cooked (<1/2 cup)
- Buckwheat groats
- Corn flakes, GF
- Quinoa flakes
- Rice Flakes
- Oat flakes (<1/2 cup)
- Oat groats (<1/4 cup)
- Oats (<1/2 cup)
- Oats, quick (<1/4 cup)
- Rice, puffed (<1/2 cup)
- Weet-bix, GF

To avoid

Various FODMAPs
All cereals made with wheat and those that have dried fruit or have fruit juice/honey/golden syrup/agave as a sweetener.

Breads

To include

Gluten free and wheat flour free varieties:

- spelt bread
- spelt sourdough
- millet bread
- corn bread
- Weet-bix, GF

To avoid

Excess wheat fructans:

- White
- Wholemeal
- Multigrain
- Naan or roti
- Rye bread
- Pumpernickel
- Raisin toast



Vegetables

To include

(in most cases 75g serve is low FODMAP)

- Alfalfa
- Artichoke hearts, canned
- Bamboo shoots
- Bean sprouts
- Beans, green
- Beetroot, canned (<1/2 cup)
- Beetroot, pickled
- Bok choy
- Broccoli, heads only or whole
- Broccolini, stalks only
- Cabbage, common/red
- Callaloo, tinned in brine
- Capsicum, red
- Capsicum, green (<1/2 cup)
- Carrot
- Cassava
- Celeriac
- Chicory leaves
- Chilli (<11cm long)
- Chinese broccoli
- Chinese cabbage
- Cho cho
- Choy sum
- Chrysanthemum greens
- Collard greens
- Corn truffle
- Corn, baby, canned
- Corn, creamed, canned
- Cornichons
- Cucumber
- Daikon, white
- Edamame
- Eggplant
- Endive, leaves
- Fungus, white back black, dried
- Galangal
- Gherkins in vinegar
- Ginger, root
- Heart of Palms, canned
- Jalapeño, pickled
- Jicama
- Kale
- Kohlrabi
- Leak, leaves (<2/3 cup)
- Lettuce
- Lotus root, frozen
- Mushrooms, Champignons, canned
- Mushrooms, oyster
- Okra
- Olives
- Onion, spring and scallion, green tops only
- Onions, pickled, large
- Parsnip
- Potato
- Pumpkin, Japanese/Kabocha
- Pumpkin, canned
- Radish
- Red cabbage, fermented
- Rocket
- Seaweed
- Silverbeet
- Snakebean
- Spaghetti squash
- Spinach
- Squash
- Swede
- Sweet potato
- Swiss chard
- Taro
- Tomatillo
- Tomato
- Turnip
- Water chestnuts
- Witlof
- Yam
- Zucchini (<1/3 cup, chopped)

Suitable in small amounts

(Best avoided in elimination/challenge phases)

- Excess Fructose:**
 - Sundried tomatoes (3 pieces)
 - Sugar snap peas (4 pods)
- Excess Oligos (fructan/GOS):**
 - Beetroot (2 slices)
 - Butternut pumpkin (1/3 cup)
 - Brussel sprouts (2 sprouts)
 - Cabbage, savoy (1/2 cup)
- Excess Polyols (sorbitol, mannitol):**
 - Green peas, canned (1/2 cup)
 - Fennel (1/2 cup)
 - Snow peas (5 pods)
 - Yucca root (1/2 cup)
 - Butternut pumpkin (1/3 cup)
 - Corn (1/2 cob)
 - Fennel (1/2 cup)
 - Leek, leaves (2/3 cup)
 - Snow peas (5 pods)

To avoid

- Excess Fructose:**
 - Artichoke, Jerusalem
 - Asparagus
 - Black garlic
 - Chilli, chipotle, dried
 - Lotus root, dried
- Excess Oligos (fructan/GOS):**
 - Artichoke, globe
 - Artichoke, Jerusalem
 - Asparagus
 - Bitter melon
 - Black garlic
 - Corn kernels, canned
 - Garlic
- Excess Polyols (sorbitol, mannitol):**
 - Leek, bulb
 - Lotus root, dried
 - Mange tout
 - Mushrooms
 - Onion, all
 - Spring onion (white part)
 - Cauliflower
 - Celery
 - Kimchee
 - Mange tout
 - Mushrooms
 - Sauerkraut



Grains

To include

- Amaranth, puffed grain (<1/4 cup)
- Bran, oat unprocessed
- Bran, rice unprocessed
- Buckwheat flakes, cooked
- Buckwheat groats
- Cous cous, gluten free, made from maize flour
- Flour (arrowroot, buckwheat, corn, gluten free plain, green banana, maize, millet, quinoa, rice, sorghum, teff, yam)
- Millet
- Noodles (brown rice, kelp, rice, soba, vermicelli)
- Oats
- Pasta (GF, quinoa)
- Polenta
- Quinoa
- Rice
- Sago
- Samp
- Starch (maize, potato, tapioca)
- Tortillas (corn)
- Wonton wrappers

Suitable in small amounts

(Best avoided in elimination/challenge phases)

- Burghul (<1/4 cup, cooked)
- Buckwheat kernels (1/8 cup cooked)
- Noodles, egg (<1/2 cup)
- Pasta, chickpea (<1 cup)

To avoid

Excess Oligos (fructan/ GOS):

- Almond meal
- Barley
- Bran, wheat, processed/ unprocessed
- Cous cous
- Flours (chestnut, wheat, amaranth, barley, coconut, einkorn, emmer, lupin, rye, spelt)
- Freekeh
- Noodles (wheat)
- Pasta (spelt, wheat)
- Rye, sprouted
- Spelt kernels
- Semolina
- Wheat

Dairy / Alternatives

To include

- Almond milk
- Canned coconut milk for cooking (<60g)
- Cheese, 40g serve (comte, gruyere, manchego, monterey jack, queso fresco, brie, cheddar, colby style, cottage, cream, feta, goat, haloumi, havarti, mozzarella, pecorino style, quark, ricotta, camembert, soy, swiss)
- Coconut milk
- Cream, regular fat (<1.5 tbs)
- Hemp milk (<1/2 cup)
- Lactose-free milk
- Lactose-free probiotic yoghurt, kefir
- Macadamia milk
- Milk powder, coconut
- Rice milk
- Soy milk
- Soy milk (Soy protein)
- Sour cream (2 tbs)
- Quark (2 tbsp)
- Quinoa milk
- Whipped cream (1/2 cup)
- Yoghurt, coconut
- Yoghurt, lactose free

To avoid

Excess Lactose:

- Buttermilk
- Cheese, garlic and herb creamy soft cheese
- Coconut milk
- Custard
- Ice-cream (>30g)
- Kefir
- Milk (regular fat, low fat, skim)
- Milk, evaporated
- Milk, sweetened, condensed
- Oat milk
- Soy milk (soy beans, soya)
- Yoghurt, goat's milk
- Yoghurt (natural, Greek, low fat, regular, flavoured)



Protein Sources

To include

- Bacon
- Beef
- Chicken
- Chorizo
- Country Terrine (French)
- Duck liver mousse
- Eggs
- Fish
- Foie Gras
- Kangaroo
- Lamb
- Pork
- Prawns
- Salmon, plain, canned in brine
- Sardines, canned in oil
- Saucisson
- Sausages (gluten, onion and garlic-free)
- Tempe
- Tofu, firm, drained
- Tofu, plain
- Tuna, plain, canned in brine/oil
- Vegetarian mince (mycoprotein)

To avoid

Various FODMAPs

- Crumbed products
- Stuffing
- Sausages
- Processed meats
- Tofu, silken

Pulses / Legumes

To include

- Lentils, canned (<1/2 cup)

Suitable in small amounts

(Best avoided in elimination/challenge phases)

- Chickpeas, canned (<1/4 cup)
- Garbanzo beans, canned (<1/4 cup)
- Lentils, green or red (<1/4 cup)
- Mung beans, sprouted

To avoid

Excess Fructose:

- Baked beans
- Broad beans
- Fava beans
- 4 Bean mix
- Borlotti beans
- Butter beans
- 4 bean mix
- Haricot beans
- Lima beans
- Mung beans

Excess Oligos:

- Adzuki beans
- Baked beans
- Black beans
- Navy beans
- Pinto beans
- Soya beans
- Split peas

Nuts / Seeds

To include

- Brazil nuts
- Chestnuts
- Chia seeds
- Hemp seeds
- LSA (Linseed, sunflower, almond mix) (<1tbs)
- Macadamia
- Mixed nuts
- Peanuts
- Pecan
- Pine nuts
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Tigernuts
- Walnuts

Suitable in small amounts

(Best avoided in elimination/challenge phases)

Excess Oligos:

- Almonds (<10 nuts)
- Caraway seeds (<1 tbs)
- Cashews, activated (<10 nuts)
- Flax seeds/linseeds (< 1tbs)
- Hazelnuts (<10 nuts)

To avoid

Excess Oligos:

- Cashews
- Pistachio



Condiments / Spreads

To include

(in most cases 75g serve is low FODMAP)

- All spice
- Asian (garlic) chives
- Barbeque sauce
- Basil, fresh
- Capers in vinegar
- Cardamom
- Chestnut cream
- Chilli powder
- Chimichurri sauce
- Chives
- Chutney
- Coriander
- Cinnamon
- Cloves
- Coriander seeds
- Corn relish
- Cumin
- Curry leaves, fresh
- Curry powder
- Dill (leaves and seeds)
- Eggplant dip
- Fennel seeds
- Fenugreek, leaves and seeds
- Five spice
- Gherkins
- Goraka
- Gotulaka
- Habanero sauce
- Herbs de Provence, dried
- Horseradish
- Jam (marmalade, strawberry)
- Kaffir leaves
- Lemongrass
- Mayonnaise
- Mint Jelly
- Mint sauce
- Mint
- Mustard
- Mustard seeds
- Nutmeg
- Oregano
- Oyster sauce
- Pandan leaves
- Paprika
- Parsley
- Peanut butter
- Pepper
- Rampa leaves
- Remoulade sauce
- Rosemary
- Saffron
- Sage
- Salsa
- Shrimp paste
- Soup base
- Soy sauce
- Star anise
- Stock
- Sweet and sour sauce
- Tamarind paste
- Tarragon
- Thai basil
- Thyme, fresh
- Tomato sauce
- Tomato paste
- Turmeric
- Vanilla (bean, essence)
- Vegemite
- Vinegar (apple cider, malt, red wine, rice wine)
- Wasabi (paste, powder)
- Watercress

Condiments / Spreads

Suitable in small amounts

(Best avoided in elimination/challenge phases)

- Almond butter (<1 tbs)
- Bay leaves (1 leaf)
- Caviar dip (<1/2 tbs)
- Fish sauce (<1 tbs)
- Honey (<1 tsp)
- Jam (raspberry (<2 tbs)
- Ketjap Manis (<1 tbs)
- Miso paste (<2 tbs)
- Tahini (<1 tbs)
- Pesto sauce (<1/2 tbs)
- Quince paste (<1/2 tbs)
- Soup concentrate (1/4 cube)
- Siracha sauce (<1 tsp)
- Sumac (<1 tsp)
- Vinegar (balsamic <1tbsp)
- Worcestershire sauce (<2 tbs)

To avoid

- Hummus dip
- Honey
- Jam (blueberry, mixed berries)
- Marmalade, blackcurrant)
- Pasta sauce (cream-based, tomato based containing onion and garlic)

Drinks

To include

- Water
- Beer
- Cranberry juice
- Drinking chocolate
- Coffee (with low FODMAP milk or black)
- Juice (vegetable blend)
- Spirits (gin, vodka, whiskey)
- Tea (Chrysanthemum <180mL, black, buchu, chai with low FODMAP milk, green, honeybush, liquorice, peppermint, rooibos, white)
- Wheatgrass powder
- Wine (red, sparkling, white, sweet)

To avoid

Various FODMAPs

- Aloe drink
- Coconut water
- Cordial (apple and raspberry, orange)
- Juice (apple, orange, tropical)
- Kombucha tea
- Milo
- Orange
- Rum
- Tea (chai, chamomile, dandelion, herbal, oolong)
- Wine (sticky)



Snacks, Bars & Cookies

To include

- Corn Cruskits
- Crackers
- Gingerbread, GF
- Oat cakes
- Popcorn, plain
- Pretzels
- Plain potato chips
- Rice Cruskits
- Rice crackers, plain
- Rusk, wholemeal
- Savoury biscuits (plain, wholemeal, cream cracker, spiced, butter)

Suitable in small amounts

(Best avoided in elimination/challenge phases)

Various FODMAPs

- Bar, granola, oat and honey (1/2 bar)
- Chocolate chip biscuit (1 biscuit)
- Corn thins, plain and flavoured (1 biscuit)
- Cream-filled, chocolate coated biscuit (1 biscuit)
- Shortbread biscuit (1 biscuit)

To avoid

Various FODMAPs

- Bar, cereal, wheat-based
- Bar, muesli-based with fruit
- Fruit-filled biscuit
- Rye crispbread
- Spiced cake with honey

Confectionary / Sugars

To include

- Agar agar
- Dark chocolate 85%
- Instant jelly (raspberry, strawberry, lime)
- Maple syrup
- Rice malt syrup
- Stevia powder
- Sugar (brown, icing, palm, raw, white)
- Vanilla essence

Suitable in small amounts

(Best avoided in elimination/challenge phases)

Various FODMAPs

- Dark chocolate (5 squares or ½ small bar)
- Milk chocolate (4 squares)
- White chocolate (4 squares)
- Golden syrup (1 tsp)
- Honey (1 tsp)
- Malt extract (1/3 tbs)
- Molasses (1 tsp)
- Sorghum syrup (2 tsp)
- Sugar, coconut (1 tsp)

To avoid

Various FODMAPs

- Apple syrup
- Fruit bars
- Syrup, treacle, coconut

