

High FODMAP Foods

Fruits

	Fructose	Fructans	GOS	Lactose	Polyols
apple	High				High
apricot (1 or less)					High
apricot (2 or more)		High			High
avocado (more than 1/8)					High
blackberry					High
boysenberry	High				
cherry	High				High
custard apple			High		
figs (dried)		High			
figs (fresh)	High				
grapefruit		High			
longan					High
lychee					High
mango	High				
nectarine		High			High
peach (yellow)					High
peach (white)		High			High
peach (clingstone)					High
pear	High				High
persimmon		High			
plum		High			High
prune		High			High
canned fruit in natural juice	High				
watermelon	High	High			High

Grains

	Fructose	Fructans	GOS	Lactose	Polyols
all-purpose flour		High			
barley		High	High		
bulgur wheat		High			
couscous		High			
kamut		High			
pasta		High			
rye	High	High	High		
wheat		High			
wheat berries		High			

Legumes & Nuts

	Fructose	Fructans	GOS	Lactose	Polyols
almond (more than 10 nuts)			High		
baked bean		High	High		
cashew		High	High		
chickpea (more than 1/4 cup)			High		
hazelnut (more than 10 nuts)		High	High		
kidney bean		High	High		
lentil (more than 1/2 cup)		High	High		
pistachio		High	High		
soy bean		High	High		
soy milk (from whole soy bean)		High	High		

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Vegetables

	Fructose	Fructans	GOS	Lactose	Polyols
artichoke (globe)		High			
artichoke (hearts)	High				
asparagus	High	High	High		
beetroot (more than 2 slices)		High	High		
broccoli (more than 1/2 cup)		High	High		High
brussels sprouts (more than 1/2 cup)		High			
butternut squash (more than 1/4 cup)			High		High
cabbage (savoy)		High			
cauliflower					High
celery (more than 1/2 stalk)					High
corn (more than 1/2 cob)			High		High
fennel (more than 1 cup)		High			High
garlic		High			
leek		High			
mushrooms					High
okra (more than 10 pods)		High			
onion (all)		High			
pumpkin (canned, more than 1/2 cup)		High	High		High
shallots		High			
snow peas (more than 5 pods)		High	High		High
spring onion (whole)		High			
sugar snap peas	High				
sweet potato (more than 1/2 cup)					High
tomato paste	High				

Beverages

	Fructose	Fructans	GOS	Lactose	Polyols
chamomile tea		High			
chia tea		High			
dandelion tea		High			
fennel tea		High			
oolong tea		High			
rum	High				

Sugar

	Fructose	Fructans	GOS	Lactose	Polyols
agave syrup	High				
crystalline fructose	High				
erythritol*					High
fructo-oligosaccharides (fos)		High			
fructose	High				
fructose solids	High				
fruit juice concentrate	High				
glycerin/glycerol					High
high fructose corn syrup	High				
honey	High				
isomalt					High
lactitol					High
maltitol					High
mannitol					High
molasses	High				
polydextrose					High
sorbitol					High
xylitol					High

High FODMAP Foods

Dairy

	Fructose	Fructans	GOS	Lactose	Polyols
cottage cheese				High	
cream cheese				High	
custard				High	
dry milk solids				High	
gelato				High	
goat's milk				High	
ice cream				High	
mascarpone				High	
milk (from cows, goats, sheep)				High	
ricotta cheese				High	
yogurt				High	
oat milk			High		
rice milk		High	High		

Other

	Fructose	Fructans	GOS	Lactose	Polyols
carob		High			
chicory root extract		High			
cocoa powder (more than 1 Tbsp)		High	High		
inulin		High			
natural flavor (in savory foods)		High			
textured vegetable protein			High		