



# LOW FODMAP FOODS

(Low Fermentable Oligosaccharides Disaccharides Monosaccharides And Polyols)  
For the Management of Irritable Bowel Syndrome

Based on research by Dr. Peter Gibson, Dr. Sue Shepherd & Team, Monash University, Melbourne, Australia

Fruit	Vegetables	Milk Products	Cereals, Grains, Starches	Sweeteners	Other
Bananas Blueberries Carambola Durian Grapefruit Grapes Honeydew Melon Kiwifruit Lemons Limes Mandarins Oranges Passionfruit Paw Paw/Papaya Raspberries Rockmelon/Cantaloupe Rhubarb Strawberries Tangelos Tomatoes	Alfalfa Bamboo Shoots Bean Shoots Bok Choy Broccoli Capsicum/Peppers Carrot Celery Choko Choy Sum Corn Cucumber Eggplant/Aubergine Green beans Kale Lettuce Marrow Olives Parsnip Potato Pumpkin (Squash) Spring Onion (green part only) Swede/Rutabaga Sweet Potato Taro root Tomatoes Turnips Yams Zucchini/Summer Squash	Lactose-Free Milk Non-Dairy Milk Butter  Hard Cheeses Including Cheddar, Tasty, Parmesan, Camembert, Edam, Gouda, Blue Vein, Mozzarella  Homemade 24hr fermented/ lactose free yoghurt	Gluten Free Bread & Cereal Products Amaranth Arrowroot Buckwheat Corn/Maize Millet Oats Polenta Potato Quinoa Rice (All) Sorghum Tapioca	Sugar (sucrose) Glucose Maple Syrup Golden Syrup Stevia	Garlic Infused Oil as an onion or garlic substitute  Fresh Herbs & Spices & Ginger  Xanthan Gum  Eggs  Meat  Nuts & Seeds  Oil/Fat  Sea Food  Soy Products  Dry wine Spirits  Beer (unless you also have coeliac disease)

### KEY DIET TIPS:

- Eat small meals more often and avoid excessive intake of fats, caffeine & alcohol
- Eat Mindfully (& avoid stress while eating)
- Limit dried fruit to very small portions (e.g. 10 raisins or equivalent serving size of other options)
- Treat tomatoes as a fruit and limit all fruit portions. Better to spread out fruit intake across the day than to eat a lot at one sitting
- Avoid sweet wines, mixers (soft-drinks, sodas) and large quantities of any alcohol. Beer is ok in small amounts unless you are a coeliac