

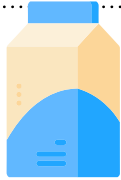


LOW  
**FODMAP**  
DIET  
EDUCATION

# HIGH FODMAP DIET CHECKLIST

[ **FOODS TO AVOID** ]

## dairy/dairy alternatives



cheese (soft): ricotta, cottage, or cream • condensed or evaporated milk • cow, goat, sheep milk • ice cream • plant based milks made with chicory root/inulin • soybean milk made with whole soybeans • yogurt

## nuts/seeds/oils

cashews • pistachios

## grains

barley • rye • wheat

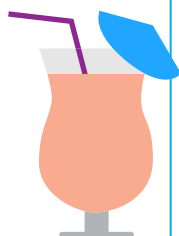
## protein

protein (example beef, fish, chicken) marinated with flesh of garlic/onion



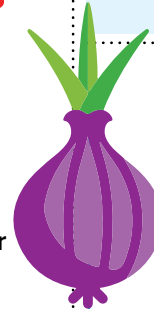
## beverages

alcohol: rum • beverages made with cow's milk • fruit juices (most) • tea: oolong, chamomile, fennel, strong chai • kombucha



## vegetables/herbs

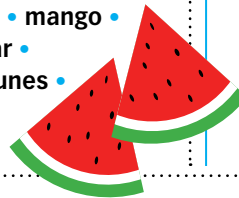
artichokes • asparagus • beets (fresh) • brussels sprouts • cauliflower • garlic • leek bulb • mushrooms (button, portobello, shitake) • onion • peas • savory cabbage • scallion (bulb or white part) • shallot • snow peas • sugar snap peas • sun dried tomatoes



Always check ingredients on food labels to ensure they comply with current low FODMAP diet guidelines.

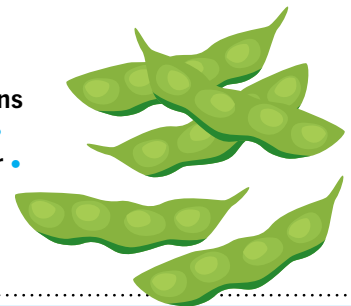
## fruit

apple • apricot • banana (ripe) • blackberries • boysenberries • cherries • currants • dates • dried fruit (most) • grapefruit • mango • nectarine • peach • pear • persimmon • plum • prunes • tamarillo • watermelon



## legumes

baked beans • black beans • borlotti beans • broad beans • fava beans • kidney beans • lima beans • navy beans • pinto beans • silken tofu • soybeans (mature) • soy flour • soy milk (made with whole soybean) • split peas



GF = gluten free • HFCS = high fructose corn syrup • FOS = fructo-oligosaccharides  
\* small amounts in a product should be low enough in FODMAPs

## baking products, condiments, spices, sweeteners, sweets

agave syrup • chicory root extract • flour blends (made with wheat or gluten free flour blends made with bean flours) • garlic salt/powder • HFCS • inulin or FOS • honey\* • isomalt • jam (with HFCS) • ketchup (with HFCS) • mannitol • molasses\* • onion salt/powder • sorbitol • xylitol • most sugar free: gum, mints and candies



The low FODMAP elimination diet is to be followed for a limited time, approximately 2-6 weeks.