

## FODMAPs

(fermentable oligosaccharides, disaccharides, monosaccharides, polyols)

FODMAPs are types of carbohydrates that may be difficult for the body to digest and are in a variety of foods. A low FODMAP diet is not a diet for life. If you suspect FODMAPs are bothersome, it's best to work with your health care provider and a registered dietitian, who specialize in this type of elimination diet, to help create a customized plan. Below is a sample food list that outlines common high and low FODMAP foods.

Food Category	High FODMAP Foods	Low FODMAP Foods
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Apple Juice</li> <li>• Blackberries</li> <li>• Cherries</li> <li>• Dried Fruit</li> <li>• Mango</li> <li>• Nectarines</li> <li>• Peaches</li> <li>• Pears</li> <li>• Plums</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Cantaloupe</li> <li>• Grapes</li> <li>• Kiwi</li> <li>• Mandarin</li> <li>• Orange</li> <li>• Pineapple</li> <li>• Strawberries</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Artichoke</li> <li>• Asparagus</li> <li>• Cauliflower</li> <li>• Garlic</li> <li>• Mushrooms</li> <li>• Onion</li> <li>• Peas</li> <li>• Sun-Dried Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Bell Pepper</li> <li>• Bok Choy</li> <li>• Carrot</li> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Green Beans</li> <li>• Lettuce</li> <li>• Potato</li> <li>• Tomato</li> <li>• Zucchini</li> </ul>

Food Category	High FODMAP Foods	Low FODMAP Foods
<b>Dairy and Dairy Alternatives</b>	<ul style="list-style-type: none"> <li>• Cow's Milk</li> <li>• Cottage Cheese</li> <li>• Custard</li> <li>• Evaporated Milk</li> <li>• Ice Cream</li> <li>• Soy Milk - made from whole soybeans</li> <li>• Sweetened Condensed Milk</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Almond Milk</li> <li>• Brie Cheese</li> <li>• Colby Cheese</li> <li>• Feta Cheese</li> <li>• Hard Cheeses - cheddar</li> <li>• Lactose-Free Milk</li> <li>• Soy Milk - made from soy protein</li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>• Legumes</li> <li>• Some Marinated Meats, Poultry, Seafood</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Firm Tofu</li> <li>• Plain, Cooked Meats</li> <li>• Poultry</li> <li>• Seafood</li> <li>• Tempeh</li> </ul>
<b>Breads and Cereals</b>	<ul style="list-style-type: none"> <li>• Wheat, Rye and Barley-Based Products</li> <li>• Breakfast Cereals</li> <li>• Breads</li> <li>• Biscuits</li> <li>• Snack Products</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Flakes</li> <li>• Oats</li> <li>• Quinoa</li> <li>• Rice</li> <li>• Corn Pasta</li> <li>• Rice Cakes</li> <li>• Sourdough</li> <li>• Gluten-Free Breads</li> <li>• Wheat, Rye and Barley-Free Products</li> </ul>
<b>Nuts and Seeds</b>	<ul style="list-style-type: none"> <li>• Cashews</li> <li>• Pistachios</li> </ul>	<ul style="list-style-type: none"> <li>• Macadamia Nuts</li> <li>• Peanuts</li> <li>• Peanut Butter</li> <li>• Poppy Seeds</li> <li>• Pumpkin Seeds</li> <li>• Walnuts</li> <li>• Walnut Butter</li> </ul>

Food Category	High FODMAP Foods	Low FODMAP Foods
<b>Sweets and Desserts</b>	<ul style="list-style-type: none"> <li>• High Fructose Corn Syrup</li> <li>• Honey</li> <li>• Sorbitol</li> <li>• Sugar-Free Candy</li> </ul>	<ul style="list-style-type: none"> <li>• Cocoa Powder</li> <li>• Dark Chocolate</li> <li>• Maple Syrup</li> <li>• Rice Malt Syrup</li> <li>• Table Sugar</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Chamomile Tea</li> <li>• Chicory Root Extract</li> <li>• Inulin</li> <li>• Oolong Tea</li> </ul>	