

Foods Suitable on a Low FODMAP Diet

Fruit	Vegetables	Dairy	Carbohydrate Sources	Sports Foods
Bananas Blueberries Melon (Cantaloupe & Honeydew) Cranberries Grapes Grapefruit Kiwi Citrus Fruits (Oranges, Lemons, Limes) Raspberries Rhubarb Strawberries	Carrot Celery Courgette Ginger Green Beans Kale Lettuce Olives Parsnip & Turnip Red & Yellow Peppers Spinach Swede Tomatoes Yam Herbs	Butter Cream Brie Cheddar Feta Mozzarella Parmesan Lactose-Free Milk* Lactose-Free Yoghurts*	Oats Potato Quinoa Rice Rice/Oat Cakes Sweet Potato	Whey Isolate Glucose Maltodextrin Sweeteners Stevia

*The brand Lacto-free is not the same as lactose-free.

Foods to Eliminate on a Low FODMAP Diet

Excess Fructose	Lactose	Fructans	Galactans	Polyols
Apples Cherries Dried Fruit Fruit Juices Honey Mangos Pears Tinned Fruit (in Natural Juice) Watermelon Sweeteners Fructose HFCS (High-Fructose Corn Syrup)	Animal Milk (~Cow, Goat, Sheep) Ice Cream Whey Protein Concentrate Natural Yoghurt**	Bread Bulgur Wheat Couscous Pasta Asparagus Aubergine Beetroot Broccoli Cabbage Garlic Leeks Onion Shallots Inulin (a fibre added to many sports nutrition products - check the label)	Baked Beans Berlotti Beans Broad Beans Butter Beans Chickpeas Haricot Beans Kidney Beans Lentils Lima Beans Pinto Beans	Apple Apricot Avocado Blackberries Cherries Nectarines Peaches Pears Plums Prunes Watermelon Cauliflower Green Peppers Mushrooms Sweetcorn Sorbitol Xylitol

** **Greek yoghurt** is lower in lactose than natural yoghurts and so may be well tolerated on a low FODMAP diet in small quantities

If you would like more help with following a low FODMAP diet and guidance on how to start reintroducing foods, please get in touch by downloading one of our consultation forms from www.mac-nutrition.com/services or contacting us at enquiries@mac-nutrition.com.