



Partial list of FOODS TO AVOID

(High in FODMAP even in small servings. EXCEPTIONS indicated)

Updated: 2025-11-12. Source: Monash University Mobile App.

FRUITS

APPLE
BLACKBERRIES
CHERRIES
DATES
DRIED FRUITS except cranberries
FIGS
GRAPES
MANGO
NECTARINE
PEACH
PEAR
PERSIMMON
PLUM
PRUNES
TAMARILLOS
WATERMELON

VEGETABLES

ARTICHOKE
ASPARAGUS
AVOCADO
BEETROOT
GARLIC
JERUSALEM ARTICHOKE
LEEK <i>EXCEPTIONS: leek's green leaves are Low FODMAP and therefore OK</i>
MUSHROOMS, all types
ONIONS, all types <i>EXCEPTIONS: the green tops of scallions are Low FODMAP and therefore OK</i>

LEGUMES & SOY PRODUCTS

BEANS (ALL)
DRIED CHICKPEAS & HUMMUS SPREAD
DRIED LENTILS <i>EXCEPTIONS: Lentils, green, dry (10 g ~ 0.4 oz, yielding ~ 3 tbsp boiled), and Lentils, red, dry (17 g ~ 0.6 oz, yielding ~ 1/3 cup boiled)</i>
SPLIT PEAS
SOYBEANS, SILKEN TOFU, TVP (textured vegetable protein) <i>EXCEPTIONS: Edamame, shelled (75g ~ 1/2 cup)</i>

DAIRY PRODUCTS and ALTERNATIVES

CHEESES: Flavored cream cheese
EVAPORATED MILK
ICE CREAM
KEFIR and YOGURT
MILK (COW'S, SHEEP'S, GOAT'S)
SOY MILK, SOY YOGURT, SOY CREAM FOR COOKING
SWEETENED CONDENSED MILK

MEAT, FISH, EGGS

Foods prepared with High FODMAP ingredients :
BROTHS/STOCKS, SAUSAGES, SAUCES



IBS-FODMAP Experts

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NUTS & SEEDS

CASHEWS

PISTACHIOS

BREADS, CEREALS, PASTA, RICE

All WHEAT, SPELT, BARLEY, RYE, and KAMUT-based products: grains, breakfast cereals, breads, pasta, crackers, couscous, flours, and cookies.

EXCEPTIONS: the following foods are Low FODMAP, and therefore OK, up to the quantity indicated: white wheat bread (24 g ~ 0.8 oz), 100% sourdough wheat bread (110 g ~ 3.8 oz), 100% sourdough spelt bread (52 g ~ 1.7 oz)

BEVERAGES

ALCOHOLIC BEVERAGES «COOLER » STYLE

ALCOHOLIC DRINKS: Vermouth, Black currant liqueur, Pernod, Port wine, Sauternes, Muscat wine, Marsala wine

CHICORY-BASED COFFEE SUBSTITUTES

CIDER

FRUIT JUICES

HERBAL TEAS: Chamomile, Fennel, Dandelion

RUM

TEAS: Strong Chaï, Oolong

CONFECTIONARY & SUGARS

AGAVE SYRUP

HONEY

MOLASSES

OTHER

CHICORY ROOT

INULIN