



Smart Meal Plans for Irritable Bowel Syndrome

www.soscuisine.com/low-fodmap/

Partial list of FOODS TO AVOID

(High in FODMAP even in small servings)

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Source: Monash University Mobile App.

VEGETABLES

ARTICHOKE
ASPARAGUS
BEETS
CAULIFLOWER
GARLIC
JERUSALEM ARTICHOKE
LEEK
MUSHROOMS
ONIONS (all types)
SNOW PEAS

GRAIN PRODUCTS

All WHEAT, SPELT, BARLEY, RYE, and KAMUT-based products: grains, breakfast cereals, breads, pasta, crackers, couscous, flours, cookies.
WITH THE EXCEPTION OF white wheat bread (24 g allowed), 100% sourdough wheat or spelt bread (52 g allowed)

NUTS and SEEDS

CASHEWS
PISTACHIOS

FRUITS

APPLES
APRICOTS
AVOCADOS
BLACKBERRIES
CHERRIES
DATES
DRIED FRUITS
FIGS
MANGO
NECTARINES
PEACHES
PEARS
PERSIMMONS
PLUMS
PRUNES
TAMARILLOS
WATERMELON

MEAT, FISH, EGGS

DISHES PREPARED WITH HIGH-FODMAP INGREDIENTS :
broths/stocks, sausages, sauces

SWEETENERS

AGAVE SYRUP
HONEY
MOLASSES

LEGUMES

BEANS (ALL)
DRIED CHICKPEAS
DRIED LENTILS
FAVA BEANS
FLAGEOLET BEANS
SOYBEANS and SILKEN TOFU
SPLIT PEAS

DAIRY PRODUCTS and ALTERNATIVES

EVAPORATED MILK
ICE CREAM
KEFIR
MILK (COW'S, SHEEP'S, GOAT'S)
SOFT CHEESES: mascarpone, quark, ricotta, flavored cream cheese, cottage cheese
SOY PRODUCTS: drinks, yogurt
SWEETENED CONDENSED MILK

BEVERAGES

ALCOHOLIC BEVERAGES «COOLER » STYLE
CHICORY-BASED COFFEE SUBSTITUTES
CIDER
FRUIT JUICES
RUM
TEAS: Chaï, strong black, Oolong
HERBAL TEAS: Chamomile, Fennel, Dandelion
Vermouth, black currant liqueur, Pernod, Port wine, Sauternes, Muscat wine, Marsala wine