



Smart Meal Plans for Irritable Bowel Syndrome

sosculisine.com/fodmap

Partial list of FOODS TO AVOID

(high in FODMAP even in small servings)

Source: Monash University Mobile App

Updated: 2019-10-28

VEGETABLES

| |
|---------------------|
| ARTICHOKE |
| ASPARAGUS |
| BEETS |
| CAULIFLOWER |
| GARLIC |
| JERUSALEM ARTICHOKE |
| LEEK |
| MUSHROOMS |
| ONIONS (ALL TYPES) |
| SNOW PEAS |

GRAIN PRODUCTS

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| BARLEY |
| BREAKFAST CEREALS MADE FROM WHEAT, BARLEY, RYE |
| RYE PRODUCTS : flour, bread |
| WHEAT AND KAMUT PRODUCTS : cookies, couscous, flour, bread, pasta |

NUTS and SEEDS

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| CASHEWS |
| PISTACHIOS |

FRUITS

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| 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

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|-------------|
| AGAVE SYRUP |
| HONEY |
| MOLASSES |

LEGUMES

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|-----------------|
| BEANS (ALL) |
| DRIED CHICKPEAS |
| DRIED LENTILS |
| FAVA BEANS |
| FLAGEOLET BEANS |
| SOYBEANS |
| SPLIT PEAS |

DAIRY PRODUCTS and ALTERNATIVES

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|---|
| 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

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| ALCOHOLIC BEVERAGES «COOLER » STYLE |
| CHICORY-BASED COFFEE SUBSTITUTES |
| CIDER |
| FRUIT JUICES |
| RUM |
| vermouth, black currant liqueur, Pernod, Port wine, Sauternes, Muscat wine, Marsala wine |