

LOW-FODMAP DIET

Food guidelines for IBS sufferers from the IBS
Self Help and Support Group - WWW.IBSGROUP.ORG

OK to eat

FRUIT

Banana • Blueberry • Boysenberry • Cantaloupe • Cranberry • Durian • Grape • Grapefruit • Honeydew • Melon • Kiwifruit • Lemon • Lime • Mandarin • Orange • Passionfruit • Pawpaw • Raspberry • Rhubarb • Rockmelon • Star Anise • Strawberry • Tangelo

VEGETABLES

Vegetables: Alfalfa • Bamboo Shoots • Bean Shoots • Bok Choy • Carrot • Celery • Choko • Choy Sum • Endive • Ginger • Green Beans • Lettuce • Olives • Parsnip • Potato • Pumpkin • Red Bell Pepper • Silver Beet • Spinach • Squash • Swede • Sweet Potato • Taro • Tomato • Turnip • Yam • Zucchini

Herbs: Basil • Chili • Coriander • Ginger • Lemongrass • Marjoram • Mint • Oregano • Parsley • Rosemary • Thyme

GRAINS

Cereals: Gluten-Free Bread Or Cereal Products

Bread: 100% Spelt Bread

Other: Rice • Oats • Polenta • Arrowroot • Millet • Psyllium • Quinoa • Sorghum • Tapioca

MILK PRODUCTS

Milk (Check For Additives): Lactose-Free Milk • Oat Milk • Rice Milk • Soy Milk

Cheeses: Hard Cheeses • Brie • Camembert

Yogurt: Lactose-Free Varieties

Ice Cream Substitutes: Gelato • Sorbet

Butter Substitutes: Olive Oil

OTHER

Tofu

Sweeteners: Sugar (Sucrose, Small Quantities) • Glucose • Artificial Sweeteners Not Ending In '-Ol'

Honey Substitutes: Golden Or Maple Syrup (Small Quantities) • Molasses • Treacle

Food to avoid

EXCESS FRUCTOSE

Fruit: Apple • Mango • Nashi • Pear • Tinned Fruit In Natural Juice • Watermelon

Sweeteners: Fructose • High Fructose Corn Syrup

Large Total Fructose Dose: Concentrated Fruit Sources • Large Servings Of Fruit • Dried Fruit • Fruit Juice

Honey: Corn Syrup • Fruisana

LACTOSE

Milk: Milk From Cows, Goats Or Sheep • Custard • Ice Cream • Yogurt

Cheeses: Soft Unripened Cheeses Such As Cottage, Cream, Mascarpone Or Ricotta

FRUCTANS

Vegetables: Artichoke • Asparagus • Beetroot • Broccoli • Brussels Sprouts • Cabbage • Eggplant • Fennel • Garlic • Leek • Okra • Onion • Shallots • Spring Onion

Cereals: Wheat And Rye In Large Amounts, Such As Bread, Crackers, Cookies, Couscous And Pasta

Fruit: Custard Apple • Persimmon • Watermelon

Miscellaneous: Chicory • Dandelion • Inulin • Pistachio

GALACTANS

Legumes: Baked Beans • Chickpeas • Kidney Beans • Lentils • Soy Beans

POLYOLS

Fruit: Apple • Apricot • Avocado • Blackberry • Cherry • Longon • Lychee • Nashi • Nectarine • Peach • Pear • Plum • Prune • Watermelon

Vegetables: Cauliflower • Green Bell Pepper • Mushroom • Sweet Corn

Sweeteners: Sorbitol (420) • Mannitol (421) • Isomalt (953) • Maltitol (965) • Xylitol (967)