

Foods on the FODMAP Diet

High FODMAP Foods and Low FODMAP Foods

Written or reviewed by a board-certified physician. See About.com's [Medical Review Board](#).

Researchers from Australia have come up with a novel approach for [IBS treatment](#), that of having patients follow a low-FODMAP diet as a way to reduce [IBS symptoms](#). They have coined the term [FODMAPs](#) to describe a collection of short-chain carbohydrates found [in many common foods](#). FODMAPs stands for Fermentable Oligo-, Di- and Mono-saccharides, and Polyols.

The [FODMAP theory](#) holds that consuming foods high in FODMAPs results in increased volume of liquid and gas in the small and [large intestine](#), resulting in distention and symptoms such as [abdominal pain](#) and [gas and bloating](#). The theory proposes that following a [low-FODMAP diet](#) should result in a decrease in digestive symptoms. The theory further holds that there is a cumulative effect of these foods on symptoms. In other words, eating foods with varying FODMAP values at the same time will add up, resulting in symptoms that you might not experience if you ate the food in isolation. This might explain the mixed results of studies that have evaluated the effects of [fructose](#) and [lactose](#), two types of carbohydrates, on IBS. Ongoing research is being conducted as to the [accuracy of the FODMAP theory](#) and the effectiveness of the diet for IBS.

Below you will find lists of common high and [low FODMAP foods](#). This list is based on the most updated research from [Monash University](#) and may change over time. In addition, you may have your own individual sensitivities to foods. These examples are given for **informational purposes only**.

If you are interested in following a low-FODMAP diet, it is recommended that you work individually with a licensed nutritionist (See: [Finding a FODMAP Dietician](#)). There are risks to devising your own diet. It is tempting to pick and choose certain items based on your personal preference which could result in continued symptoms due to a lack of strict compliance to a sanctioned low-FODMAP diet. Working with a trained nutritionist will also help to ensure that you receive adequate and balanced nutrition, including a healthy intake of [dietary fiber](#).

As with any new treatment or dietary approach, it is always best to discuss the issue with your own personal physician.

Common High FODMAP Foods

Fruits:

- Apples
- Apricots
- Blackberries
- Cherries
- Grapefruit
- Mango
- Pears
- Nectarines
- Peaches
- Pears
- Plums and prunes
- Pomegranates
- Watermelon
- High concentration of fructose from canned

fruit, dried fruit or [fruit juice](#)

- **Grains**
Level of FODMAPs is increased when these foods are eaten in large amounts:

- Barley
- Cous cous
- Farro
- Rye
- Semolina
- Wheat

Lactose-Containing Foods

- Buttermilk
- Cream
- Custard

- Ice cream
- Margarine
- Milk (cow, goat, sheep)
- Soft cheese, including cottage cheese and ricotta
- Yogurt (regular and Greek)

Dairy Substitutes

- Almond milk
- Soy milk (U.S.)

Legumes

- Baked beans
- Black-eyed peas
- Butter beans
- Chickpeas
- Lentils

- Kidney beans
- Lima beans
- Soybeans
- Split peas

Sweeteners

- Agave
- Fructose
- High fructose corn syrup
- Honey
- Isomalt
- Maltitol

Common Low FODMAP Foods

Fruits

- Banana
- Blueberry
- Cantaloupe
- Grapes
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Mandarin oranges
- Olives
- Orange
- Papaya (paw paw)
- Pineapple
- Raspberry
- Rhubarb
- Strawberry
- Tangelo

Sweeteners

- Artificial sweeteners that do not end in -ol
- Brown sugar
- Glucose
- Maple syrup
- Powdered sugar
- Sugar (sucrose)

Dairy and Alternatives

- Butter
- Coconut milk
- Hard cheese, such as brie, camembert, mozzarella, Parmesan

- Mannitol
- Molasses
- Sorbitol
- Xylitol

Vegetables

- Artichokes
- Asparagus
- Avocado
- Beets
- Broccoli
- Brussels sprouts

- Lactose-free products, such as lactose-free milk, ice cream and yogurt
- Rice milk

Vegetables

- Arugula (rocket lettuce)
- Bamboo shoots
- Bell peppers
- Bok choy
- Carrots
- Celeriac
- Common Cabbage
- Eggplant
- Endive
- Fennel
- Green beans
- Kale
- Lettuce
- Parsley
- Parsnip
- Potato
- Radicchio
- Scallions (green parts only)
- Spinach, baby
- Squash
- Sweet potato
- Tomato
- Turnip
- Water chestnut
- Zucchini

Grains

- Cauliflower
- Celery
- Corn
- Garlic
- Leeks
- Mushrooms
- Okra
- Onions
- Peas
- Scallions (white parts)
- Shallots
- Sugar snap peas
- Snow peas

- Bulgur wheat (limit to 1/4 cup cooked)
- Oats
- Gluten-free products
- Spelt products

Nuts

- Almonds (limit 10)
- Brazil Nuts
- Hazelnuts (limit 10)
- Macadamia nuts
- Peanuts
- Pecan
- Pine nuts
- Walnuts

Seeds

- Caraway
- Chia
- Pumpkin
- Sesame
- Sunflower

Protein Sources

- Beef
- Chicken
- Eggs
- Fish
- Lamb
- Pork
- Shellfish
- Tofu and tempeh
- Turkey