



# HIGH FODMAP FOODS



*Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols* ↘

Short-chain carbohydrates that can exacerbate gastrointestinal symptoms. When following a low FODMAP diet, it's best to avoid high FODMAP foods as best as possible, and eat moderate FODMAP foods sparingly.

[www.coconutsandkettlebells.com](http://www.coconutsandkettlebells.com)

## VEGETABLES

artichoke  
asparagus  
cauliflower  
garlic  
leeks  
mushrooms  
onion  
shallot  
sugar snap peas  
tomato paste  
tomato sauce

### MODERATE

beetroot  
broccoli  
brussels sprouts  
butternut squash  
cabbage, savory  
celery  
corn, sweet  
green peas  
snow peas  
sun-dried tomatoes  
sweet potato

## FRUITS

apples  
apricots  
blackberries  
boysenberries  
cherries  
dried fruit  
figs, fresh  
fruit juices  
grapefruit  
lychee  
mango  
nectarines  
peaches

pears  
persimmon  
plums  
tamarillo  
watermelon

### MODERATE

avocado  
canned pumpkin  
longon  
pomegranate  
rambutan

## DAIRY

milk: cow, goat & sheep  
cheese\*  
cream\*  
milk products\*

## GRAINS/BEANS

wheat  
barley  
rye  
legumes\*  
whole soybean products

## PANTRY ITEMS

### Spice

chicory root  
fennel  
garlic powders  
onion powders

### Nuts

cashews  
pistachios

### Drinks

fortified wines  
rum  
strong teas (chai,  
chamomile, dandelion  
& oolong)  
sweetened drinks

### Sweeteners

agave  
honey  
molasses  
sugar-free candy & gum

### Additives

carrageenan  
fructose  
gums & stabilizers  
high fructose corn syrup  
inulin  
isomalt  
mannitol  
sorbitol  
xylitol

### MODERATE

almonds  
carob powder  
coconut, dried  
coconut water  
hazelnuts

## "Gray Area" Foods

(Test for individual tolerance)

beer  
butter  
cacao, raw  
chocolate  
coconut products  
coffee  
nut butters  
processed grain products\*  
wine

\*While a small portion of foods within these categories aren't considered high in FODMAPs, it's recommend to avoid them all due to the likelihood of experiencing gastrointestinal distress.

Please note: Chart made according to Monash University testing as of Feb 1, 2015.



**Learn more about FODMAPs at [coconutsandkettlebells.com](http://coconutsandkettlebells.com)**