

FODMAPs Checklist

The following is a list of various categories of FODMAP foods that need to be restricted or eliminated on a low-FODMAP diet. I recommend a similar strategy to the Step 1 & Step 2 approach, where you begin by removing all of them from your diet for a period of 30 days, and then gradually add them back in one at a time to determine which of them you can and cannot tolerate.

This is important, because in my experience people do not necessarily react to all FODMAPs in the same way. For example, some seem to have no trouble with lactose but do very poorly with excess fructose. Once again, the value of personal experimentation and observation can't be underestimated! It's a painstaking process, but you'll be happy when you've figured it out and you no longer have constant gas, bloating and pain.

Remember, the goal isn't necessarily to completely eradicate FODMAPs from your diet. Most people improve significantly simply by greatly reducing consumption of these foods.

FODMAPS	
FOOD	COMMENTS
Fruit	Apple, pear, guava, honeydew melon, mango, nashi fruit (Asian pear), pawpaw/papaya, quince, star fruit (carambola), watermelon
Stone fruits	Apricots, peaches, cherries, plums, nectarines
Fruits with high sugar content	Grapes, persimmon, lychee
Dried fruit, fruit bars	All types
Fruit juice	All types
Fruit pastes and sauces	Tomato paste, chutney, relish, plum sauce, sweet and sour sauce, barbecue sauce
Fruit juice concentrate	All types except 100% cranberry
High-fructose corn syrup	Fruit drinks, carbonated drinks, pancake syrups, ketchup, jams, jellies, pickle, relish, etc. and/or liquid cough remedies and liquid pain relievers, etc
Honey	Avoid sugar or artificial flavorings.
Coconut	Milk, cream (oil is fine)
Fortified wines	Sherry, port, etc.
Vegetables	Onion, leek, asparagus, artichokes, cabbage, brussels sprouts, beans
Legumes	Baked beans, kidney beans, lentils, black eye peas, chickpeas, butter beans
Wheat or white bread, pastries, cookies, crackers	All types
Wheat pasta, noodles	All types
Chicory-based coffee substitutes	Inka, Teccino, etc.
Artificial sweeteners	Sorbitol, mannitol, isomalt, xylitol
Lactose	Milk, ice-cream, yogurt (see dairy guide for lactose content of dairy foods)