

FODMAP FOOD GUIDE

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LOW FODMAP FOODS				HIGH FODMAP FOODS			
VEGETABLES & LEGUMES		BREADS, CEREALS & GRAINS		SWEETENERS	VEGETABLES & LEGUMES		MILK & DAIRY
Alfalfa sprouts	Kale	Buckwheat	Oat flour	Brown sugar	Artichokes	Garlic	Buttermilk
Bean sprouts	Lettuce	Corn	Oatmeal	Confectioner's sugar	Asparagus	Lentils	Cow's milk (all types)
Bell peppers	Parsnips	Corn flour	Popcorn	Stevia	Avocado	Mushrooms	Cream (all types)
Bok choy	Potatoes	Gluten-free bread	Quinoa	Sugar	Beans (all types)	Onions	Cream cheese
Carrots	Pumpkin	Gluten-free pasta	Rice	Artificial sweeteners	Beets	Peas	Custard
Celery	Scallions (green part)	Oats	Rice flour	<i>(Note: we do not recommend using</i>	Broccoli	Scallions (white part)	Goat's milk
Chick peas	Spinach			<i>artificial sweeteners</i>	Cauliflower	Shallots	
Chives	Squash	NUTS & SEEDS		<i>due to their harmful</i>	Fennel	Split peas	SEASONINGS & CONDIMENTS
Corn	Sweet potato	Almonds	Pine nuts	<i>health effects)</i>			Hummus
Cucumbers	Tomatoes	Chestnuts	Poppy seeds		FRUITS		Jams and Jellies
Eggplant	Turnips	Hazelnuts	Pumpkin seeds		Apples	Nectarines	Relish
Herbs	Yellow squash	Macadamia nuts	Sesame seeds	BEVERAGES	Apricot	Peaches	Tzatziki sauce
Green beans	Zucchini	Peanut butter	Sunflower seeds	Beer (limit 1 bottle)	Avocado	Plums	
		Peanuts	Walnuts	Black tea	Blackberries	Prunes	SWEETENERS
FRUITS		Pecans		Club soda	Cherries	Raisins	Agave
Bananas	Lemons			Coffee	Dried fruits	Watermelon	Corn sugar
Blueberries	Limes	MILK & DAIRY		Gin (limit 1 shot)	Mango		Corn syrup
Cantaloupe	Oranges	Almond milk	Hemp milk	Herbal teas			High fructose corn
Coconut (fresh)	Passion fruit	Brie	Lactose-free milk	Orange juice (limit 1/2 cup)	MEATS & PROTEINS		syrup (HFCS)
Cranberries	Pineapple	Butter	Mozzarella cheese	Vodka (limit 1 shot)	Bacon	Processed meats	Honey
Grapefruit	Raspberries	Camembert	Oat milk	Water	Hot dogs	Sausages (all types)	Xylitol
Grapes	Rhubarb	Cheddar cheese	Parmesan cheese	Whiskey (limit 1 shot)			
Honeydew melon	Strawberries	Coconut milk	Rice milk	Wine (limit 1 glass)	BREADS, CEREALS & GRAINS		BEVERAGES
Kiwi	Tangerines	Colby cheese	Romano cheese		Amaranth flour	Coconut flour	Apple juice
Kumquat		Dark chocolate	Soy milk (made with		Bagels	Pasta	Coconut water
		Eggs	soy protein)		Barley	Rye	Cordials
MEATS & PROTEINS		Feta cheese	Swiss cheese		Bean flours	Semolina	Fennel tea
Beef					Bran	Spelt	Liqueurs
Chicken		SEASONINGS & CONDIMENTS			Bread and rolls	Wheat-derived foods	Mango juice
Eggs		Barbecue sauce	Oils (all types)		Bulgur wheat		Pear juice
Fish		Herbs (all types)	Olives				Processed juice drinks
Lamb		Maple syrup	Soy sauce				Rum
Pork		Mayonnaise	Spices (all types)		NUTS & SEEDS		Soda
Turkey		Mustard			Cashews		
					Pistachios		