

# HIGH FODMAP FOODS TO AVOID

Manage your IBS symptoms by limiting these foods in your diet



All Fody Foods products are Low FODMAP, providing excellent alternatives to many of your favorite High FODMAP foods listed here.

## HIGH POLYOLS

### VEGETABLES

Cauliflower, Sweet Corn, Mushrooms (shiitake, button, enoki), Snow Peas

### FRUITS

Apples, Apricots, Blackberries, Nectarines, Pears, Yellow Peaches, Plums, Prunes, Watermelon

### SWEETENERS

Sorbitol, Mannitol, Isomalt, Xylitol (Sugar-Free Gum, Mints, Cough Drops & Some Medications)

## HIGH FRUCTANS / GOS

### VEGETABLES & LEGUMES

Jerusalem Artichokes, Garlic, Red Kidney Beans, Baked Beans, Leek & Shallot Bulbs (the white parts), Onion, Onion & Garlic Salt, Black Beans, Hava Beans, Split Peas

### FRUITS

Banana (ripe), Grapefruit, Currants, Dates, Figs (Dried), Nectarine, Persimmon, Plums, Prunes, White Peaches, Watermelon

### GRAINS

Rye, Wheat, Barley

### NUTS

Pistachios, Cashews

### OTHER

Oolong Tea, Chamomile and Fennel Tea, Carob > 2 tsp, Inulin, Chicory Root Extract

## EXCESS FRUCTOSE

### VEGETABLES

Jerusalem Artichokes, Asparagus, Sugar Snap Peas, Sun-Dried Tomatoes

### FRUITS

Apples, Boysenberry, Cherries, Fresh Figs, Mango, Pears, Tamarillo, Watermelon

### SWEETENERS

Agave, Honey, High Fructose Corn Syrup

### ALCOHOL

Rum

## HIGH LACTOSE

### DAIRY

Custard, Cottage Cheese, Cow, Sheep & Goat Milk, Ice Cream, Commercially Prepared Ricotta