

High-FODMAP Foods

FRUITS

Apples, Apricots, Avocados, Blackberries, Boysenberries, Cherries, Figs, Fruit juice, Lychees, Mangos, Nectarines, Pears, Persimmons, Plums, Prunes, Watermelon

VEGETABLES

Asparagus, Artichokes, Beets, Cauliflower, Chicory, Corn, Garlic, Scallions (white part), Leeks (white part), Mushrooms, Okra, Onions, Peas, Shallots, Sugar snap peas

DAIRY

Buttermilk, Cottage cheese, Custard, Ice cream, milk (cow, goat, sheep), pudding, sour cream, most soy milks, yogurt

STARCHES AND LEGUMES

Barley, Couscous, Hummus, Kidney beans, Lima beans, Pinto beans, Rye, Soybeans, Wheat (and wheat-containing products)

NUTS AND SEEDS

Cashews, Pistachios

MEATS

Processed meats containing wheat, garlic, onion, or HFCS

CONDIMENTS

Condiments containing wheat, garlic, onion, or HFCS (such as barbecue sauce, ketchup, mayonnaise, mustard, teriyaki sauce, tomato paste)

HERBS AND SPICES

Garlic powder or salt, Onion powder or salt

SWEETENERS

Agave, Agave nectar, Agave syrup, HFCS, Honey, Isomalt, Mannitol, Sorbitol, Xylitol