

FODMAP Diet

Food Group	Serving Size and Suggestion	Low FODMAP	Moderate Fodmap	High Fodmap
Fruits	<p>½ cup of cut fruit or a medium (baseball size) whole fruit. Limit to 1 to 2 servings per day.</p> <p>Fresh or fresh frozen fruit may be better tolerated than canned fruit.</p> <p>Tolerance may depend on the amount you eat at one time.</p> <p>Limit concentrated sources of fruit, such as dried fruit and fruit juices.</p>	<p>Bananas Blueberries Cantaloupe Grapefruit Grapes Honeydew Kiwi Lemons Limes Oranges Papaya Passion Fruit Pineapple Raspberries Rhubarb Strawberries Tangelos</p> <p>Note: Avoid eating large amounts of any fruit.</p>	Canned Fruit	<p>Apples Applesauce Avocados Blackberries Dried Fruits (e.g., raisins, dates) Fruit Juice Lychees Pears Persimmons Watermelons Stone Fruits: Apricots Cherries Mangos Nectarines Peaches Plums Prunes</p>
Vegetables	<p>½ cup for most vegetables or 1 cup of leafy greens</p> <p>Limit to 1½ to 3 servings per day.</p> <p>Cooked vegetables may be tolerated best since cooking causes a loss of free sugars.</p> <p>Keep in mind tolerance may depend on the amount you eat at one time.</p>	<p>Bamboo shoots Bok choy Carrots Celery Chives Cucumber Eggplant Green beans Kale Lettuce Parsnips Pumpkin Radish Red bell Pepper Spinach Squash Sweet potato Turnip White potato Zucchini</p>	<p>Corn Green Peas Tomatoes</p>	<p>Artichokes Asparagus Beets Broccoli Brussels sprouts Cabbage Cauliflower Fennel Garlic Green bell Peppers Leeks Mushrooms Okra Onions Shallots Sweet corn Tomato paste</p>
Dairy		<p>Kefir Lactose Free Milk Lactose Free Cottage Cheese Lactose Free Yogurt Hard or Aged Cheeses Butter Cream</p>	American Cheese	<p>Milk Yogurt Ice Cream Cottage Cheese Ricotta Cheese</p>

		Cream Cheese		
Grains		Quinoa Rice Millet Cornmeal Gluten-Free Products	Oats Buckwheat Sourdough White Bread	Wheat Barley Rye
Legumes and Nuts		Firm And Medium Tofu Pumpkin Seeds Sesame Seeds Sunflower Seeds	Canned and drained chickpeas and lentils Nuts and nut butters except pistachios and cashews Flax Seeds	Soy (silken tofu, textured vegetable protein, edamame, soy nuts, soy milk) Beans Chickpeas Hummus Lentils Pistachios Cashews
Beverages		Espresso Filtered Coffee Green Tea Peppermint Tea Black Tea		Soft drinks that include high fructose corn syrup or crystalline fructose Apple Juice Other Fruit Juices Apple Cider Instant Coffee Chamomile Tea Fennel Tea
Sweeteners		Granulated Sugar Evaporated Cane Juice Brown Sugar Brown Rice Syrup Pure Maple Syrup Corn Syrup Sugar Cane Molasses Aspartame Saccharin Sucralose Stevia	Cocoa	High Fructose Corn Syrup Crystalline Fructose Honey Agave Sugar Beet Molasses Sorbitol Xylitol Mannitol Maltitol