

Label Reading Cheat Sheet

Breads & Flours	
Low FODMAP (include)	High FODMAP (limit or avoid)
<ul style="list-style-type: none"> <input type="checkbox"/> Spelt or wheat sourdough <input type="checkbox"/> FODMAP certified breads e.g. Bakers Delight[®], Alpine Breads[®], Schar[®] <input type="checkbox"/> Gluten free bread with no high FODMAP ingredients e.g. Burgen[®] GF, Vogel's[®] GF, Udi's[®] 	<ul style="list-style-type: none"> <input type="checkbox"/> Besan/gram/chickpea flour <input type="checkbox"/> Barley <input type="checkbox"/> Coconut flour <input type="checkbox"/> Lentil flour <input type="checkbox"/> Lupin <input type="checkbox"/> Soy Flour <input type="checkbox"/> Wheat bran/flour <input type="checkbox"/> Wheat breads > 1 slice <input type="checkbox"/> Gluten free bread with high FODMAP ingredients e.g. inulin, dried fruit

*check gluten free products for high FODMAP ingredients e.g. inulin or chicory,

Sweeteners		
Low FODMAP (include)	High FODMAP (limit or avoid)	
<ul style="list-style-type: none"> <input type="checkbox"/> Table sugar, brown sugar, icing/powdered/confectioners' sugar, caster sugar <input type="checkbox"/> Glucose syrup (including glucose syrup from wheat or maize) <input type="checkbox"/> Rice malt syrup <input type="checkbox"/> Pure maple syrup <input type="checkbox"/> Pure stevia <input type="checkbox"/> Sucralose/Splenda <input type="checkbox"/> Equal 	<ul style="list-style-type: none"> <input type="checkbox"/> Isomalt (953) <input type="checkbox"/> Maltitol (965) <input type="checkbox"/> Mannitol (421) <input type="checkbox"/> Sorbitol (420) <input type="checkbox"/> Xylitol (967) <input type="checkbox"/> Lactitol (966) <input type="checkbox"/> Erythritol (968) 	<ul style="list-style-type: none"> <input type="checkbox"/> Apple juice <input type="checkbox"/> Agave <input type="checkbox"/> Fructose <input type="checkbox"/> Fruit concentrate <input type="checkbox"/> Fruit sugar <input type="checkbox"/> Fructo-oligosaccharides <input type="checkbox"/> Fructose-glucose syrup <input type="checkbox"/> High fructose corn syrup <input type="checkbox"/> Honey <input type="checkbox"/> Isoglucose <input type="checkbox"/> Isolated fructose

Milk products & Alternatives		
Low FODMAP	Moderate FODMAP	High FODMAP
<input type="checkbox"/> All lactose free milks <input type="checkbox"/> Some lactose free yoghurts and ice creams* <input type="checkbox"/> Cream, sour cream, mascarpone etc (up to 2 tbsp) <input type="checkbox"/> Hard or 'set' cheese <input type="checkbox"/> Soft cheeses (e.g. cream cheese, cottage cheese, quark & ricotta (up to 2 tbsp) <input type="checkbox"/> Butter and margarine <input type="checkbox"/> Rice, almond, quinoa, hemp, pea protein milk* <input type="checkbox"/> Soy products made from soy protein* e.g. So Good® <input type="checkbox"/> Whey protein isolate	<input type="checkbox"/> Cream, Sour cream, mascarpone etc in servings >2 tbsp <input type="checkbox"/> "Wet" cheeses (e.g. cottage, ricotta in servings >2tbsp) <input type="checkbox"/> Coconut milk (< ½ cup) <input type="checkbox"/> Oat milk* (< ½ cup) <input type="checkbox"/> Milk chocolate > 30g/1oz <input type="checkbox"/> Greek yoghurt >2Tbsp	<input type="checkbox"/> Milks (including cow, sheep & goat) <input type="checkbox"/> Buttermilk <input type="checkbox"/> Custard <input type="checkbox"/> Ice cream <input type="checkbox"/> Evaporated milk <input type="checkbox"/> Condensed milk <input type="checkbox"/> Milk powder, Milk solids as a major ingredient <input type="checkbox"/> Whey protein concentrate <input type="checkbox"/> Soy milk made with soy beans <input type="checkbox"/> Coconut milk (>½ cup) <input type="checkbox"/> Oat milk (>½ cup)

*check for high FODMAP ingredients e.g. inulin, chicory or fruit juice concentrates

High FODMAP ingredients used in food processing	
Low FODMAP	High FODMAP
<input type="checkbox"/> All fresh and dried herbs and spices (no added onion/garlic powder) <input type="checkbox"/> Cellulose, Carrageenan, Guar gum, Locust bean gum, Pectins, Psyllium, Xanthan gum, Rice/oat bran <input type="checkbox"/> Soy Sauce, 'MSG', hydrolyzed vegetable protein, malt from barley <input type="checkbox"/> Wheat or maize glucose syrup	<input type="checkbox"/> Inulin (Chicory root extract/ 'vegetable fibre') <input type="checkbox"/> Garlic/onion powder <input type="checkbox"/> Vegetable powder <input type="checkbox"/> Dehydrated vegetables <input type="checkbox"/> High FODMAP sweeteners (see above)

Less obvious sources of FODMAPs (check ingredients)

Fructose:

- Soft drinks, fruit juice & cordial
- Sports drinks & gels
- Flavoured coffee/tea powders
- Sweetened foods e.g. dairy desserts, confectionary
- Cereal, muesli & muesli bars
- Jams and some savoury sauces

Lactose:

- Commercial cake/pancake mixes*
- Dairy based dips
- Commercial 'simmer sauces'*
- Flavoured coffee / tea sachets*
- Nutritional drinks e.g. Up & Go®, Sustagen®, Ensure®, protein shakes*

*(milk powder/solids often used)

Polyols:

- Sugar free chewing gums & lollies
- Artificially sweetened or "diet" products
- Cough medicines or lozenges

Wheat, Barley & Rye as a main

ingredient:

- Breakfast cereals
- Pastry and crumbed products
- Soup / soup mixes with barley

Other Fructans & Galactans:

- Protein powders & meal replacement shakes
- Soy milk / yoghurt made with soy beans
- Gluten free breads / pizza bases / cake mixes containing chick pea/besan flour or almond meal
- Trail mix
- Falafel & vegetarian burgers

Garlic & Onion:

- Sausages and marinated meats
- Flavoured products e.g. pasta sauces, stocks, gravies
- Chutney & relishes
- Herb mixes, flavoured salt, dukkah
- Dips
- Cheese / savoury flavoured crackers & chips
- Falafel & vegetarian burgers

Inulin/Chicory:

- Many foods marketed as 'High fibre' or 'wholegrain'
- Coffee substitutes (e.g. Ecco®, Caro®)
- Yoghurts/low fat dairy desserts
- Wholegrain rice crackers