

Breads & Flours	
Low FODMAP (include)	High FODMAP in large amounts
<ul style="list-style-type: none"> • Spelt or wheat sourdough • FODMAP certified breads e.g. Bakers Delight, Alpine Breads • Gluten free bread with no high FODMAP ingredients e.g. Burgen GF, Abbotts Village Bakery GF, Tip Top ONE GF 	<ul style="list-style-type: none"> • Besan/gram/chickpea flour • Barley • Coconut flour • Lentil flour • Lupin • Soy Flour • Wheat bran/flour • Wheat breads > 1 slice • Gluten free bread with high FODMAP ingredients e.g. inulin, dried fruit

Sweeteners		
Low FODMAP (include)	High FODMAP (limit or avoid)	
<ul style="list-style-type: none"> • Table sugar, brown sugar, icing/powdered/confectioners' sugar, caster sugar • Glucose syrup (including glucose syrup from wheat or maize) • Rice malt syrup • Pure maple syrup • Pure stevia • Sucralose/Splenda • Equal • Small amounts golden syrup and molasses 	<ul style="list-style-type: none"> • Isomalt (953) • Maltitol (965) • Mannitol (421) • Sorbitol (420) • Xylitol (967) • Lactitol (966) • Erythritol (968) 	<ul style="list-style-type: none"> • Apple juice • Agave • Fructose • Fruit concentrate • Fruit sugar • Fructo-oligosaccharides • Fructose-glucose syrup • High fructose corn syrup • Honey (above 1 tsp) • Isoglucose • Isolated fructose

Milk products & Alternatives		
Low FODMAP (Enjoy)	Moderate FODMAP (Include small serves)	High FODMAP (Limit)
<ul style="list-style-type: none"> All lactose free milks Some lactose free yoghurts and ice creams* Hard or 'set' cheese (e.g. tasty, cheddar, brie, blue, camembert, harvarti etc) Butter and margarine Rice, almond, quinoa, hemp milk* Soy products made from soy protein* e.g. So Good® Whey protein isolate 	<ul style="list-style-type: none"> Cream, Sour cream, mascarpone etc in servings >2 tbsp Small serves of "wet" cheeses (e.g. cottage, ricotta in servings) Coconut milk* (< ½ cup) Oat milk* (<¼ cup) Milk chocolate > 30g/1oz Strained Greek yoghurt 	<ul style="list-style-type: none"> Milks (including cow, sheep & goat) Buttermilk Custard Ice cream Evaporated & condensed milk Milk powder, Milk solids as a major ingredient Whey protein concentrate Yoghurt Soy bean milk made

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

High FODMAP ingredients used in food processing	
Low FODMAP	High FODMAP
<ul style="list-style-type: none"> All fresh and dried herbs and spices (no added onion/garlic powder) Cellulose, Carrageenan, Guar gum, Locust bean gum, Pectins, Psyllium, Xanthan gum, Rice/oat bran Soy Sauce, 'MSG', hydrolyzed vegetable protein, malt from barley Wheat or maize glucose syrup 	<ul style="list-style-type: none"> Inulin (Chicory root extract/ 'vegetable fibre') Garlic/onion powder in large amounts Vegetable powder in large amounts Dehydrated/rehydrated vegetables in large amounts High FODMAP sweeteners (see above)

Food to check for FODMAP Content

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*

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 & GOS:

- 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', particularly protein bars/balls, diet shakes and GF bread products
- Coffee substitutes (e.g. Ecco®, Caro®)
- Yoghurts/low fat dairy desserts
- Wholegrain rice crackers