

The Low FODMAP Diet

FOOD GROUP	FOODS TO AVOID	FOODS TO TRY INSTEAD
Grains 	Foods made from wheat or wheat flour including: bread, cereal and pasta	Rice, corn tortilla chips, gluten-free grains (like buckwheat and quinoa), foods made with gluten-free flour
Fruits 	Apples, avocado, ripe bananas, watermelon, grapefruit, pears, peaches, plums, most canned or dried fruits	Unripe bananas, most types of berries, grapes, cantaloupe, oranges, pineapple, kiwi, rhubarb
Vegetables 	Garlic, onion, asparagus, beets, cauliflower, cabbage, black beans, kidney beans, peas	Bell peppers, cucumbers, broccoli, lettuce, potatoes, tomatoes, corn, celery, green beans
Meats & Proteins 	Most processed meats, meat served in fruit sauces, chorizo, sausage, pistachios, cashews	Beef, chicken, canned tuna, eggs, most fish, lamb, pork, turkey, sunflower seeds, peanuts
Dairy 	Milk (from cow, sheep or goat), buttermilk, sour cream, yogurt, some soft cheeses, ice cream, sweetened condensed milk	Dairy-free milk, hard cheeses, half and half, mozzarella, sherbet, small amounts of cream cheese
Non-Dairy Alternatives 	Soy products, coconut cream	Almond milk, hemp milk, rice milk, oat milk
Beverages 	Fruit and vegetable juices from high FODMAP foods (apple juice, grapefruit juice), coconut water, drinks with high-fructose corn syrup	Fruit and vegetable juices made from low FODMAP foods (orange juice, tomato juice), coffee, herbal tea, water
Condiments, Seasonings, Sweeteners 	High-fructose corn syrup, agave, honey, most jams and jellies, relish, hummus, artificial sweeteners, any sauces or dressings made with high FODMAP foods or high-fructose corn syrup	Balsamic vinegar, olive oil, soy sauce, mayo, mustard, garlic infused oil, sugar, salt, pepper, most herbs, small amounts of marinara sauces



To make an appointment with a gastroenterologist, visit henryford.com or call 1-800-HENRYFORD (436-7936).