

FODMAP Food List 2018 for IBS (UK & Worldwide)

Foods that you can eat - low FODMAP

These foods are either low FODMAP and safe to eat as desired or high FODMAP and safe to eat at the specified portion size or less.

Vegetables

Alfalfa - 75g	Tenderstem Broccoli (whole) - 45g
Artichoke, globe - 15g	Brussels sprouts - 38g
Artichoke hearts, canned - 75g	Butternut Squash - 45g
Artichokes, pickled in oil - 10g	Cabbage, common - 75g
Arugula	Cabbage, red - 75g
Aubergine - 75g	Cabbage, savoy - 38g
Bamboo shoots, fresh	Capsicum, green - 52g
Bamboo shoots, canned	Capsicum, red - 75g
Bean sprouts	Carrot
Beans, green - 75g	Cassava - 75g
Beetroot - 20g	Callaloo, tinned in brine - 75g
Beetroot, canned - 60g	Celeriac - 75g
Beetroot, pickled - 60g	Celery - 10g
Bell pepper, green - 52g	Chayote / Choko - 75g
Bell pepper, red	Cherries - 20g
Bitter melon - 15g	Chicory leaves - 75g
Bok Choy / Pak Choi - 75g	Chilli, green - 28g
Broccoli (heads only) - 75g	Chilli, red - 28g
Broccoli (stalks only) - 45g	Chinese cabbage (wombok) - 75g
Broccoli (whole) - 75g	Cho Cho - 75g
Tenderstem Broccoli (heads only) - 45g	Choy sum
Tenderstem Broccoli (stalks only) - 90g	Chrysanthemum Greens - 75g
	Collard greens
	Sweetcorn - 38g

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Courgette - 65g	Mushrooms, Champignons, canned/tinned - 75g
Cucumber	Mushroom, Porcini (dried) - 10g
Daikon white - 75g	Mushroom, portobello (fresh) - 10g
Edamame (frozen soybeans) - 50g	Mushroom, shiitake (fresh) - 10g
Endive, leaves	Mushroom, shiitake (dried) - 7g
Fennel, bulb - 48g	Mushrooms, oyster - 75g
Fennel, leaves - 15g	Okra - 75g
Gai lan - 75g	Olives, green, pitted
Galangal	Olives, black, pitted
Gherkins in vinegar - 75g	Onion, spring (tops only) - 16g
Ginger, root	Onion, pickled, large - 45g
Jicama - 75g	Parsnip
Kale	Pear, nashi - 5g
Kale, preserved - 75g	Pear, packham, ripe, peeled - 5g
Kohlrabi - 75g	Persimmon - 60g
Leek - 38g - Note: avoid bulb if possible.	Peas, green, canned/tinned - 45g (drained)
Leek (leaves only) - 54g	Peas, snow - 17g
Lettuce, Cos/Romaine - 75g	Peas, sugar snap - 14g
Lettuce, butter	Peas, thawed - 15g
Lettuce, iceberg	Potato, sweet - 75g
Lettuce, radicchio - 75g	Potato
Lettuce, red coral	Pumpkin, canned - 75g
Lettuce, rocket	Pumpkin, Japanese
Lotus root from frozen - 75g	Pumpkin, butternut - 30g
Mange Tout - 17g	Radish

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Red Cabbage (fermented) - 75g	Apple, granny smith - 25g
Rutabagas - 75g	Apple, pink lady - 25g
Seaweed (nori)	Apricot - 16g
Silverbeet	Apricots canned (drained of fruit juice) - 20g
Snakebean / Yardlong bean - 75g	Avocado - 30g (1/8th of an avocado)
Spaghetti squash (cooked) - 75g	Banana, common (ripe) - 33g (1/3rd of a medium fruit)
Spinach, baby - 75g	Banana, common (unripe) - 100g
Spinach, English	Banana, dried (chips) - 30g
Squash	Banana, sugar (firm)
Swede - 75g	Banana, sugar (ripe) - 58g
Swiss chard	Blackberry - 4g
Taro - 75g	Blueberry - 40g
Tomato, canned/tinned - 92g	Breadfruit
Tomato, cherry - 75g	Cantaloupe / Rockmelon - 90g
Tomato, common	Carambola
Tomato, roma - 75g	Clementine
Tomato, Sun-dried, semi - 8g	Coconut - 64g
Turnip - 75g	Coconut, shredded, dried - 30g
Water chestnuts - 75g	Cranberries, dried - 15g
White Cabbage, Sauerkraut (fermented) - 20g	Cumquats, peeled - 76g
Witlof	Cumquats, unpeeled - 88g
Yam - 75g	Currants - 13g
Yucca root - 69g	Dates - 8g
Fruit	Dragon fruit - 330g
Ackee, tinned in brine - 195g	Durian - 150g

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Figs, fresh - 5g	Paw paw
Figs, dried - 20g	Paw paw (dried) - 5g
Goji berries, dried - 10g	Pear, prickly
Grapes, black muscatel	Peach, white - 18g
Grapes, ralli seedless	Peach, yellow - 30g
Grapes, red	Pineapple - 140g
Grapes, red globe	Plantain (peeled) - 144g
Grapes, thompson	Plum, black diamond - 5g
Grapefruit - 80g	Pomegranate - 38g
Guava (ripe)	Rambutan - 31g
Guava, unripe - 10g	Raisins - 13g
Guava, tinned in syrup - 45g	Raspberry - 45g
Kiwi fruit (gold) - 150g	Rhubarb
Kiwi fruit (green) - 150g	Starfruit
Lemon juice - 125ml	Strawberry - 140g
Lime juice - 250ml	Tamarillo - 25g
Longan - 25g	Tamarind - 8g
Lychee - 30g	Watermelon, seedless - 15g
Mandarin, imperial	
Mango - 40g	Meat, fish, eggs
Mangosteen - 50g	Beef
Melon, honeydew - 90g	Chicken
Mixed peel, citrus fruits - 50g	Eggs
Nectarine - 25g	Fish
Orange, navel	Kangaroo
Passionfruit - 46g	Lamb

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Pork Any Schar low FODMAP certified products found in supermarkets.

Prawns, peeled

Sausage, German Bratwurst - 100g

Salmon, plain, canned in brine

Sardines

Tuna, plain, canned in brine

Tuna, plain, canned in oil

Quorn

Duck

Turkey

Venison

Ostrich

Wild boar

Bacon

Salmon

Cod

Seabass

Mackerel

Basa

Bread, Cereals, Rice, Pasta

Bread

Bread, corn (no gluten containing ingredients)

Bread, gluten free (choose a certified low FODMAP brand to be safe)

Corn, tortillas (no gluten containing ingredients or high FODMAP additives)

Cereals

Amaranth, puffed grain - 10g

Buckwheat flakes, cooked - 120g

Corn flakes (gluten free) 50g

Flakes, quinoa - 50g

Flakes, rice - 30g

Oats - 60g

Oats, quick (dry) - 23g

Oats, rolled - 52g

Rice, puffed or popped - 15g

Wholegrain oat cereal biscuit (no gluten containing ingredients) - 50g

Flours

Almond, meal - 24g

Cornflour / Corn starch

Flour, arrowroot

Flour, buckwheat

Flour, buckwheat, wholemeal

Flour, corn

Flour, gluten free, plain

Flour, green banana

Flour, maize

Flour, quinoa

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Flour, rice	Oat groats - 120g
Flour, rice, roasted	Pasta, chickpea - 100g (cooked)
Flour, sorghum	Pasta, gluten free - 145g (cooked)
Flour, spelt, organic, sieved	Pasta, quinoa - 155g (cooked)
Flour, teff	Pasta, spelt - 85g (cooked)
Flour, yam, pounded	Pasta, wheat - 74g (cooked)
Maize Starch	Pearl barley, grains, sprouted - 100g
Potato Starch	Polenta, cornmeal - 255g
Tapioca Starch	Quinoa black - 155g
	Quinoa, red - 155g
Grains	Quinoa, white - 155g
Bourghal - 44g	Rice, basmati - 190g
Bran, oat, unprocessed - 22g	Rice, brown - 180g
Bran, rice, unprocessed - 16g	Rice, glutinous
Bran, wheat, processed - 5g	Rice, red - 380g
Bran, wheat, unprocessed - 5g	Rice, white - 190g
Buckwheat groats - 135g	Soba noodles (made from wheat and buckwheat) - 90g
Buckwheat kernels - 27g	
Cous cous, gluten free, made from maize flour - 78g	Dairy, soy and lactose free
Cous cous, rice and corn - 37g (cooked)	Cheese, brie, French - 40g
Filo/Phyllo pastry - 20g	Cheese, camembert - 40g
Millet, hulled - 184g	Cheese, cheddar - 40g
Noodles, brown rice vermicelli - 120g	Cheese, colby style - 40g
Noodles, vermicelli	Cheese, cottage, creamed - 36g
Nutritional yeast flakes - 16g	Cheese, feta - 125g
	Cheese, goat - 60g

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Cheese, haloumi - 50g	Yoghurt, lactose free - 170g
Cheese, havarti - 54g	Yoghurt, strawberry lactose free - 170g
Cheese, mozzarella - 60g	
Cheese, pecorino style - 60g	
Cheese, quark - 30g	
Cheese, ricotta - 40g	
Cheese, soft, white moulded coated (brie and camembert) - 40g	
Cheese, soy - 40g	
Cheese, swiss - 54g	
Cream, whipped - 60g	
Milk, lactose free - 257g	
Milk powder, coconut - 20g	
Milk, almond - 240g	
Milk, coconut, canned/tinned for cooking - 80g	
Milk, hemp - 240g	
Milk, macadamia - 240g	
Milk, oat - 30g	
Milk, quinoa, unsweetened - 240g	
Milk, rice - 200g	
Milk, soya, unsweetened (hulled soya beans) - 60g	
Milk, soya, unsweetened (soya beans) - 30g	
Quark - 30g	
Yoghurt, coconut - 125g	
Yoghurt, Goat's Milk - 170g	
	Pulses, Tofu, Nuts
	Nuts and seeds
	Almonds - 12g
	Cashews (activated only) - 15g
	Chestnuts - 168g
	Chestnuts, roasted - 84g
	Flax seeds / Linseeds - 15g
	Hazelnuts - 15g
	LSA (linseed, sunflower, almond mix) - 12g
	Macadamia - 40g
	Nuts, Brazil - 40g
	Nuts, tigernuts - 20g
	Peanuts - 28g
	Pecan - 20g
	Pine nuts - 14g
	Seeds, chia - 24g
	Seeds, chia, black - 24g
	Seeds, chia, white - 24g
	Seeds, egusi - 24g
	Seeds, hemp - 20g
	Seeds, poppy, black - 24g
	Seeds, poppy, white - 24g

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Seeds, pumpkin (Pepitas) - 23g

Seeds, sesame - 11g

Seeds, sunflower - 6g

Walnuts - 30g

Pulses/Legumes

Butter beans, canned - 35g

Channa dal / Chana Dahl, boiled - 46g

Chickpeas, canned - 42g

Garbanzo beans, canned - 42g

Lentils, canned - 46g

Lentils, green, boiled - 23g

Lentils, red, boiled - 23g

Mung beans, boiled - 53g

Mung beans, sprouted - 95g

Urid dal / Urid dahl, boiled - 46g

Vegetarian substitutes

Agar agar - 7g

Egg replacer - 6g

Mince, Quorn - 75g

Tempeh, plain - 100g

Tofu, firm, drained - 160g

Tofu, plain - 170g

Beverages

Coffee (without milk or low FODMAP milk alternatives)

Drink powders

Brown rice protein, sprouted, organic, powder - 40g

Cacao powder - 8g

Carob powder - 6g

Cocoa powder - 8g

Drinking chocolate (no dairy containing products) - 10g

Protein supplement, pea protein - 40g

Spirulina powder

Wheatgrass powder - 3g

Fermented drinks

Kombucha tea - 180ml

Kvass - 250ml

Juices

Coconut water, fresh - 100ml

Cranberry juice - 210ml

Vegetable blend, tomato juice base

Vegetable blend, tomato, carrot, celery, beetroot

Tea

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Tea, black, strong with 1 tbsp of milk or low FODMAP milk alternatives - 180ml

Tea, chai, weak, with 1 tbsp of milk or low FODMAP milk alternatives - 250ml

Tea, green, strong - 250ml

Tea, peppermint, strong - 250ml

Wine, beer and spirits

Beer - 377ml

Gin - 30ml

Vodka - 30ml

Whiskey - 30ml

Wine, red - 150ml

Wine, sparkling - 150ml

Wine, sweet - 150ml

Wine, white - 150ml

Wine, white, dry - 150ml

Fats and Oils

Butter - 19g

Dairy blend (70% butter, 30% oil) - 19g

Margarine, poly or monosaturated, 70% fat - 19g

Mayonnaise, low fat (avoid high FODMAP added ingredients such as garlic or onion) - 40g

Mayonnaise, regular fat (avoid high FODMAP added ingredients such as garlic or onion) - 40g

Oil, avocado

Oil, canola/rapeseed

Oil, coconut

Oil, garlic infused (make sure it doesn't have pieces of garlic in the actual oil. It should be totally clear)

Oil, olive

Oil, olive, extra virgin

Oil, olive, vergin

Oil, peanut

Oil, rice bran

Oil, sesame

Oil, sunflower

Oil, vegetable

Condiments, herbs, spices and seasoning

Wasabi paste - 42g

Wasabi powder - 5g

Herbs

Asian chives - 160g

Basil, fresh - 16g

Bay leaves - 1g

Chives

Coriander, fresh - 16g

Curry leaves, fresh - 8g

Dill, fresh - 175g

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Fenugreek leaves, dried - 16g

Gotukala - 26g

Kaffir lime leaves - 1g

Lemongrass - 50g

Mint, fresh - 90g

Oregano, dried - 3g

Pandan leaves - 2g

Parsley, fresh - 16g

Rampa leaves - 2g

Rosemary, fresh - 16g

Sage, fresh - 28g

Tarragon - 16g

Thai Basil - 160g

Thyme, fresh - 16g

Watercress, fresh - 80g

Pickles

Capers in vinegar - 8g

Capers, salted - 8g

Gherkins in vinegar - 75g

Mustard - 11g

Mustard, Dijon - 23g

Mustard, mild - 30g

Sauces

Fish sauce - 44g

Horseradish - 42g

Shrimp paste - 10g

Soy sauce - 42g

Tamarind, paste - 11g

Vinegar, Apple cider - 42g

Vinegar balsamic - 21g

Vinegar, malt - 42g

Vinegar, red wine - 42g

Vinegar, rice wine - 42g

Worcestershire sauce - 42g

Sauces and soups vary massively when it comes to high FODMAP ingredients. Your best bet is to check out FODY foods and buy safe low FODMAP sauces from their website. Here's a few...

FODY Foods low FODMAP BBQ sauce - 33g

FODY Foods low FODMAP Tomato Ketchup - 17g

Spices

All spice

Asafoetida powder

Cardamom

Chilli powder (ensure no onion or garlic added)

Cinnamon

Cloves

Coriander seeds

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Cumin	Rice cakes, plain - 34g
Curry powder (ensure no onion or garlic added)	Rice crispbread - 24g
Fennel seeds	
Fenugreek seeds	
Five spice (ensure no onion or garlic added)	
Goraka	
Mustard Seeds	
Nutmeg	
Paprika	
Pepper, black	
Saffron	
Star anise	
Turmeric	
Vanilla Bean, pods	
Vanilla essence - 20g	

Spreads

Almond butter - 20g
Jam, marmalade - 40g
Jam, strawberry - 40g
Peanut butter - 50g
Vegemite - 6g

Snacks

Popcorn, plain - 120g

Confectionary and sugars

Confectionary

Agar agar - 7g
Chocolate, dark - 30g
Chocolate, milk - 15g
Chocolate, white - 15g
Instant Jelly - 42g
Vanilla essence - 20g

Sugar and sweeteners

Golden syrup - 7g
Honey, Clover - 3g
Stevia (powder) - 2g
Sugar, brown - 13g
Sugar, coconut - 4g
Sugar, icing - 16g
Sugar, palm - 13g
Sugar, raw - 16g
Sugar, white - 14g
Syrup, Molasses - 5g
Syrup, maple - 20g
Syrup, rice malt - 28g

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Foods that you shouldn't eat - high FODMAP.

These foods are not only high FODMAP, but they have no safe serving size for the elimination phase of the low FODMAP diet.

Vegetables

Vegetables

Artichoke, Jerusalem

Asparagus

Garlic

Leek, bulb

Mushroom, button

Mushroom, Enoki

Onion, shallots

Onion, Spanish / red

Onion, spring and scallion, bulb

Onion, white

Processed vegetables

Chilli, Chipotle (dried)

Lotus root, dried

Onions, pickled, small

Fruit

Fresh fruit

Boysenberry

Custard apple

Feijoa

Peach, clingstone

Pear, packham, firm, peeled

Processed fruit

Apple, dried

Apricots, dried

Mango, dried

Peaches canned (drained of fruit juices)

Pear, dried

Pineapple, dried

Prunes

Sultanas

Bread, Cereals, Rice, Pasta

Bread

Bread, naan or roti

Bread, pumpernickel

Bread, rye

Bread, rye, dark

Bread, rye, sourdough, light

Bread, sourdough, kamut, wholemeal

Bread, spelt, sourdough

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Bread, wheat

Cereals

Flakes of rice with psyllium, gluten free

Flakes of wheat, corn, rice, oats, dried fruit, nuts

Flakes, barley

Flakes, spelt

Muesli, gluten, wheat, dairy, nut free

Muesli, plain

Muesli, yeast and wheat free

Wheat bran, pellets

Whole wheat grain biscuit

Flours

Flour, Chestnut

Flour, amaranth

Flour, barley

Flour, coconut

Flour, lupin

Flour, rye

Flour, spelt, organic

Flour, spelt, white

Flour, spelt, wholemeal

Flour, wheat

Grains

Barley, pearl

Bourghal

Bran, wheat, processed

Bran, wheat, unprocessed

Cous cous, wheat

Freekeh

Grains, Rye

Noodles, wheat

Pasta, gnocchi made from wheat

Semolina, fine (uncooked)

Wheat germ, raw

Dairy, soy and lactose free

Dairy

Buttermilk

Custard

Kefir

Milk, A2

Milk, evaporated

Milk, full cream, cow

Milk, full cream, goat

Milk, reduced fat, cow

Milk, sweetened condensed

Yoghurt, natural, indian

Yoghurt, natural, low fat

Yoghurt, natural, regular

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Yoghurt, vanilla flavoured

Split peas, boiled

Plant-based dairy alternatives

Milk, coconut with inulin

Milk, soy (soy beans)

Milk, soya, sweetened

Pulses, Tofu, Nuts

Nuts and seeds

Cashews

Pistachio

Pistachios, activated

Pulses/Legumes

Baked beans

Beans, red kidney, sprouted

Black beans, boiled

Black beans, canned

Borlotti beans, canned

Broad beans

Chickpea, sprouted

Fava beans

Haricot beans, boiled

Navy beans, boiled

Red kidney beans, boiled

soya beans, boiled

Vegetarian substitutes

Falafal

Mince, vegetarian (containing onion)

Lentil burger

Soy protein, textured (TVP)

Tofu, silken

Beverages

Coffee

Avoid coffee with cow's milk or soy milk.

Cordial

Apple and raspberry cordial (50-100% real juice)

Orange (25-50% real juice)

Juices

Apple, 99% blend (reconstituted and fresh)

Apple, 99% reconstituted

Berry fruit blend (from juice bar)

Orange, 98% reconstituted

Tropical

Tea

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Avoid tea with cow's milk or soy milk.

Tea, chai, strong

Tea, chomomile

Tea, fennel

Tea oolong

Sugars and sweeteners

Agave syrup, dark

Agave syrup, light

Apple syrup

Honey

Wine, beer and spirits

Rum

Wine, sticky

Condiments

Dips

Hummus dip

Sauces and soups

Avoid sauces and soups containing onion and garlic - a common ingredient in condiments.

Spreads

Blueberry jam

Honey

Jam, mixed berries

Confectionary and sugars

Confectionary

Fruit bar