



FOOD GROUPS	SAFE	CAUTION	AVOID
<b>VEGETABLES</b>	<p>Alfalfa Bamboo shoots Bean sprouts Bell peppers (capsicums) Bok choy Carrot Cherry tomatoes Chives Cucumber Eggplant Endive Ginger</p> <p>Green beans Kale Lettuce Olives Parsnip Pickles (without sugar) Seaweed, nori Spinach Spring onion (green part only) Swiss chards (silverbeet) Tomatoes Zucchini</p>	<p>Avocado (polyol) Beetroot (fructans) Broccoli (fructans) Brussels sprouts (fructans) Butternut pumpkin (fructans) Cauliflower (polyol) Celery (polyol) Fennel bulb (fructans) Green peas (fructans) Guacamole (polyol) Mushrooms (polyol) Sauerkraut (fructans)</p>	<p>Artichoke (fructose) Asparagus (fructose) Cabbage (fructans) Garlic (fructans) Jerusalem artichoke (fructans) Leeks (fructans) Okra (fructans) Onions (fructans) Shallot (fructans) Snow peas (fructans, polyols) Sugar snap peas (fructose) Raddichio (fructans) Tomato sauces &amp; paste (fructose &amp; fructans) Wakame</p>
<b>FRUITS</b>	<p>Banana (unripe) Blueberry Cantaloupe (rock melon) Honeydew melon Kiwifruit Lemon Lime Mandarin Orange Papaya Passionfruit Pineapple Raspberry Rhubarb Strawberry</p>	<p>Grapefruit (in small amounts) Longon (polyol) Lychee (polyol) Rambutan (polyol) Grapes (10-15/serving; fructose)</p>	<p>Apples (fructose and polyol) Apricots (polyol) Banana (ripe) Blackberries (polyol) Cherries (fructose and polyol) Dried fruits (fructose) Fruit juices (fructose) Grapes (&gt;15/serving; fructose) Mango (fructose) Nectarines (polyol) Peach (polyol) Pears (fructose and polyol) Persimmon (polyol) Plum (polyol) Watermelon (polyol, fructose)</p>
<b>STARCHES</b>	<p>White potatoes Plantains (green, verdes) Turnip Rutabaga (swede) Taro, Cassava/yuca White rice</p>	<p>Sweet Potatoes/Yams (polyol)</p>	
<b>NUTS</b>		<p>Most nuts and nut butter (cashews, macadamia, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds)</p>	<p>Pistachios (fructans) Almonds Hazelnuts</p>
<b>DAIRY</b>	<p>Butter Ghee Cream (only if casein tolerated)</p>	<p>Aged cheese (lactose)</p>	<p>Fresh cheese (lactose) Milk (lactose) Yogurt (lactose and often fructose too if sweetened)</p>



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DAIRY ALTERNATIVES	Coconut Yogurt Macadamia Nut Milk	Almond Milk Coconut Milk	Quinoa Milk
PROTEIN	Meat Poultry Fish and Seafood Eggs Bacon (without high-fructose corn syrup or fructose)	⊗	Any containing breadings, gravies, stocks, broth, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)
FATS	Coconut oil Lard Olive oil Macadamia oil Homemade mayo Olives Garlic-infused oil	Avocado (polyol) Guacamole (polyol)	Salad dressings, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)
TREATS	⊗ (best to be avoided for a little while)	Dried coconut, unsweetened Coconut sugar Maple syrup Coconut milk/cream/butter Coconut flour Dark chocolate Cocoa powder, unsweetened	High-fructose corn syrup (fructose) Agave syrup (fructose) Honey (fructose) Sugar-free treats (polyol) Artificial sweeteners (can also be a problem for some)
SEASONINGS AND OTHER INGREDIENTS	Salt & Pepper Fresh herbs Dried herbs Ginger Garlic-infused oil Lemon/lime juice Spices (avoid blends that may contain onion/garlic powder) Vinegars (red wine, apple cider) Asafoetida powder (taste similar to onion; for onion-free, low-FODMAP recipes!) Olive tapenade Sun-dried tomatoes Nutritional yeast	Balsamic Vinegar (in small amounts) Guacamole (polyol)	Chicory (fructans) Fructo-oligosaccharide (fructans) Inulin (fructans) Prebiotic (often is fructans) Onion and garlic powder (fructans) Gums, carrageenan and other thickeners or stabilizers Sugar-alcohols (sorbitol, mannitol, xylitol, isomalt...) Medicine & supplements (read the ingredients or talk to your pharmacist)
DRINKS AND ALCOHOL	Water Tea (green, oolong, black, mate, rooibos) Homemade bone broth made with safe ingredients (very good for your gut!)	Teas with unsafe fruits Dry wines Coffee Kombucha (in small quantities) <i>*with moderation... alcohol and caffeine are irritants to the gut</i>	Sweeter wines Port wines Beer (contains gluten and some also contain mannitol) Fruit juices Sodas

