

Brief FODMAP Diet

Low FODMAP



Broccoli, Cabbage, Carrots,
Lettuce, Kale, Cucumber, Tomato



Blueberries, Strawberries, Grapes,
Oranges, Pineapple, Cantaloupe



Oats, Rice, Corn, Quinoa



Almonds, Walnuts, Peanuts



Beef, Chicken, Pork, Fish, Eggs



Plant-Based Milks,
Butter, Cheese, Cottage Cheese



Sugar, Stevia

High FODMAP



Garlic, Onions, Mushrooms, Avocado,
Asparagus, Peas, Cauliflower



Apples, Peaches, Pears, Watermelon
Plums, Raisins, Mango, Grapefruit



Wheat, Rye, Barley, Bran, Spelt



Cashews, Pistachio



Processed Meats



Cow & Goat Milk,
Cream Cheese, Ricotta Cheese



Honey, HFCS, Agave, Inulin