

FODMAP Rating: ● Low – Safe ● Moderate – Caution ● High – Avoid FODMAP Types: 0Ligo Fruct Lact Poly GOS Serving size noted where critical

## A. Low FODMAP — Vegetables & Salad Greens

PHASE 1 SAFE · EAT FREELY

These vegetables are low in fermentable carbohydrates and well-tolerated during the elimination phase.

Freely consume Low FODMAP Veg

VEGETABLE	RATING	TYPE	SAFE SERVE	NOTE
Alfalfa Sprouts	Low	–	1 cup	Free
Bamboo Shoots (canned)	Low	–	½ cup	Rinse
Bean Sprouts	Low	–	1 cup	Free
Bok Choy	Low	–	1 cup	Free
Broccoli (heads only)	Low	–	¾ cup	Heads only
Butternut Squash	Low	–	½ cup	Limit
Cabbage (Common)	Low	–	1 cup	Free
Capsicum / Bell Pepper	Low	–	½ medium	Red/green
Carrot	Low	–	1 medium	Free
Chives	Low	–	2 tbsps	Garnish
Corn (canned, drained)	Low	–	½ cup	Rinse well
Cucumber	Low	–	½ cup	Free
Eggplant / Aubergine	Low	–	½ cup	Limit
Green Beans	Low	–	15 beans	Free
Kale	Low	–	1 cup	Free

VEGETABLE	RATING	TYPE	SAFE SERVE	NOTE
Lettuce (all types)	Low	–	Freely	Free
Olives	Low	–	15 olives	Free
Parsnip	Low	–	½ medium	Free
Potato (plain, peeled)	Low	–	1 medium	Free
Pumpkin (canned)	Low	–	¼ cup	Limit
Radish	Low	–	2 radishes	Free
Silver Beet / Chard	Low	–	1 cup	Free
Spinach (baby)	Low	–	1 cup	Free
Spring Onion (green tips)	Low	–	Green only	Tips only!
Squash (yellow, summer)	Low	–	½ cup	Free
Sweet Potato	Low	–	½ cup	Limit ½ cup
Tomato (common)	Low	–	1 small	Free
Tomato (cherry)	Low	–	4 whole	Free
Turnip	Low	–	½ cup	Free
Zucchini / Courgette	Low	–	½ medium	Free

VEGETABLE – HIGH FODMAP	RATING	TYPE	AVOID	NOTE
Artichoke (Globe)	High	0Ligo	All	Very high
Artichoke (Jerusalem)	High	0Ligo	All	Extreme
Asparagus	High	0Ligo	All	High fructan
Beetroot / Beet	High	0Ligo	>2 slices	Limit
Broccoli (stalks)	High	0Ligo	Stalks	Avoid stalks
Brussels Sprouts	High	0Ligo	All	High GOS
Cauliflower	High	0Ligo	All	High fructan
Celery	High	Poly	>½ stalk	Limit
Garlic	High	0Ligo	All	Extreme
Leek (bulb)	High	0Ligo	Bulb only	Use green
Mushrooms (button)	High	Poly	All	High polyols
Onion (all)	High	0Ligo	All	Extreme
Peas (green)	High	0Ligo GOS	>½ cup	Very high
Savoy Cabbage	High	0Ligo	All	High fructan
Shallots / Eschalots	High	0Ligo	All	Extreme

## B. Protein, Dairy & Dairy Alternatives

PHASE 1 SAFE · ALL PORTIONS

Plain meats and fish are FODMAP-free. Lactose-free and hard cheeses are safe. Avoid high-lactose dairy.

Plain meat & fish are FODMAP-free

MEAT, FISH & EGGS	RATING	TYPE	SAFE SERVE	NOTE
Beef (plain)	Low	–	Any	No marinade
Chicken (plain)	Low	–	Any	No marinade
Cod / White Fish	Low	–	Any	Free
Crab (fresh)	Low	–	Any	Free
Duck (plain)	Low	–	Any	No marinade
Eggs (whole)	Low	–	2 eggs	Free
Lamb (plain)	Low	–	Any	No marinade
Lobster	Low	–	Any	Free
Oysters	Low	–	6 oysters	Free
Pork (plain)	Low	–	Any	No marinade
Prawns / Shrimp	Low	–	Any	Free
Salmon	Low	–	Any	Free
Sardines (in oil)	Low	–	Any	Free
Scallops	Low	–	Any	Free
Tuna (canned, water)	Low	–	Any	Free
Turkey (plain)	Low	–	Any	No marinade

DAIRY – LOW FODMAP	RATING	TYPE	SAFE SERVE	NOTE
Brie / Camembert	Low	–	2 slices	Hard aged
Butter	Low	–	2 tsp	Free
Cheddar (aged)	Low	–	40g	Free
Colby Cheese	Low	–	40g	Free
Cottage Cheese (lactose-free)	Low	–	4 tbsps	LF only
Cream (heavy/double)	Low	–	2 tbsps	Low lactose
Feta Cheese	Low	–	40g	Free
Goat Cheese (hard)	Low	–	40g	Hard only
Greek Yogurt (lactose-free)	Low	–	170g	LF only
Lactose-free Milk	Low	–	1 cup	Free
Mozzarella	Low	–	40g	Free
Parmesan	Low	–	40g	Free
Swiss Cheese (Emmental)	Low	–	40g	Free
Almond Milk (plain)	Low	–	1 cup	Unsweetened
Oat Milk (certified LF)	Low	–	½ cup	Check label
Rice Milk	Low	–	1 cup	Free

DAIRY & PLANT – HIGH FODMAP	RATING	TYPE	AVOID	NOTE
Buttermilk	High	Lact	All	Very high
Condensed Milk	High	Lact	All	Extreme
Cottage Cheese (regular)	High	Lact	All	High lacto
Cream Cheese (regular)	High	Lact	>1 tbsps	High lacto
Custard	High	Lact	All	High lacto
Evaporated Milk	High	Lact	All	Extreme
Ice Cream (regular)	High	Lact	All	High lacto
Milk (cow, regular)	High	Lact	All	High lacto
Milk (goat)	High	Lact	All	High lacto
Ricotta (regular)	High	Lact	All	High lacto
Sour Cream (regular)	High	Lact	>2 tbsps	Moderate
Yogurt (regular)	High	Lact	All	High lacto
Chickpeas (canned)	High	GOS	>½ cup	Rins help
Kidney Beans	High	GOS	>½ cup	High fructan
Lentils (canned)	High	GOS	>½ cup	Rins help
Split Peas	High	GOS	All	Very high

## C. Grains, Breads & Cereals — Low vs High

GRAINS · WATCH PORTIONS

Wheat, rye and barley are very high in fructans. Choose certified GF or sourdough spelt alternatives.

Watch portion & ingredients carefully

GRAINS – LOW FODMAP	RATING	TYPE	SAFE SERVE	NOTE
Brown Rice	Low	–	1 cup cooked	Free
Buckwheat (flour)	Low	–	¾ cup	Free
Cornflour / Corn Starch	Low	–	2 tbsps	Free
Gluten-Free Bread	Low	–	2 slices	GF only
Gluten-Free Pasta	Low	–	1 cup cooked	GF only
Millet	Low	–	1 cup cooked	Free
Oats (rolled) — certified GF	Low	–	½ cup dry	Certified GF
Polenta (plain)	Low	–	1 cup cooked	Free
Popcorn (plain)	Low	–	7 cups	Free
Potato Flour	Low	–	¾ cup	Free
Quinoa	Low	–	1 cup cooked	Free
Rice (white / jasmine)	Low	–	1 cup cooked	Free
Rice Bran	Low	–	2 tbsps	Free
Rice Cakes (plain)	Low	–	2 cakes	Free
Sorghum	Low	–	½ cup cooked	Free
Tapioca / Arrowroot	Low	–	2 tbsps	Free

GRAINS – MODERATE FODMAP	RATING	TYPE	SAFE SERVE	NOTE
Amaranth	Mod	0Ligo	½ cup cooked	Limit
Barley (pearl, cooked)	Mod	0Ligo	½ cup	Fructan
Corn Tortilla (plain)	Mod	0Ligo	2 small	Limit
Pumpernickel Bread	Mod	0Ligo	1 slice	100% whole grain
Sourdough Spelt Bread	Mod	0Ligo	2 slices	fermented
Sourdough White Bread	Mod	0Ligo	2 slices	fermented
Spelt Pasta (cooked)	Mod	0Ligo	½ cup	Limit
Wheat Germ	Mod	0Ligo	1 tbsps	Small amount
Corn (fresh, on cob)	Mod	Poly	½ cob	Polysorb
Oat Bran	Mod	0Ligo	2 tbsps	Small serve
Rye Crispbread	Mod	0Ligo	1 cracker	Fructan
Chickpea Pasta	Mod	GOS	½ cup cooked	Fructan
Lentil Pasta	Mod	GOS	½ cup cooked	Fructan
Teff	Mod	0Ligo	½ cup cooked	Limit
Freekeh (cooked)	Mod	0Ligo	½ cup	Small serve
Couscous (small serve)	Mod	0Ligo	½ cup cooked	Fructan

GRAINS – HIGH FODMAP	RATING	TYPE	AVOID	NOTE
Barley (whole, large serve)	High	0Ligo	>½ cup	Fructan
Bran (wheat)	High	0Ligo	All	Very high
Couscous (large serve)	High	0Ligo	>½ cup	Fructan
Crumpets / English Muffin	High	0Ligo	All	Fructan
Gnocchi (wheat)	High	0Ligo	All	Wheat
Multigrain Bread	High	0Ligo	All	Wheat fructan
Noodles (egg/wheat)	High	0Ligo	All	Wheat
Rye Bread (whole)	High	0Ligo	All	Fructan
Semolina	High	0Ligo	All	Wheat
Udon Noodles	High	0Ligo	All	Wheat
Wheat Bread (standard)	High	0Ligo	All	Wheat
Wheat Cereal (e.g. Weetabix)	High	0Ligo	All	Fructan
Wheat Crackers	High	0Ligo	All	Wheat
Wheat Pasta (large serve)	High	0Ligo	>½ cup	Fructan
White Bread (standard)	High	0Ligo	All	Wheat
Whole Wheat Flour	High	0Ligo	All	Very high

## D. Fruits — Low, Moderate & High FODMAP

FRUITS · PORTION-CRITICAL

Many fruits contain excess fructose or polyols. Portion size is critical — a small amount may be safe but larger servings are not.

Portion size determines safety

FRUIT – LOW FODMAP	RATING	TYPE	SAFE SERVE	NOTE
Banana (firm/unripe)	Low	–	1 medium	Unripe
Blueberries	Low	–	20 berries	½ cup
Cantaloupe / Rockmelon	Low	–	1 cup	Free
Clementines	Low	–	2 small	Free
Coconut (fresh flesh)	Low	–	½ cup	Free
Dragon Fruit	Low	–	1 cup	Free
Grapes (green)	Low	–	1 cup	Free
Honeydew Melon	Low	–	½ cup	Limit
Kiwi (green)	Low	–	2 small	Free
Lemon / Lime (juice)	Low	–	Freely	Free
Mandarin / Tangerine	Low	–	2 small	Free
Orange (navel)	Low	–	1 medium	Free
Papaya	Low	–	1 cup	Free
Passionfruit	Low	–	2 whole	Free
Pineapple	Low	–	1 cup	Free
Raspberries	Low	–	10 berries	Limit
Rhubarb	Low	–	1 stalk	Free
Strawberries	Low	–	10 medium	Free

FRUIT – MODERATE FODMAP	RATING	TYPE	SAFE SERVE	NOTE
Apricot (fresh)	Mod	Poly	1 small	1 onlt
Banana (ripe)	Mod	0Ligo	½ medium	Half onlt
Blackberries	Mod	Poly	5 berries	Limit
Grapefruit	Mod	Fruct	½ medium	Limit
Guava	Mod	Fruct	1 small	Limit
Jackfruit (canned)	Mod	0Ligo	½ cup	Limit
Lychee (fresh)	Mod	Poly	5 fruits	Limit
Peach (fresh)	Mod	Poly	1 small	1 onlt
Pear (canned in juice)	Mod	Fruct	½ cup	Juic off
Persimmon	Mod	Poly	1 small	Limit
Plum (small, fresh)	Mod	Poly	1 small	1 onlt
Pomegranate seeds	Mod	Fruct	½ cup	Limit
Rambutan (canned)	Mod	Fruct	4 fruits	Limit
Star Fruit / Carambola	Mod	Fruct	1 small	Tes
Tamarillo	Mod	Fruct	1 whole	Tes
Watermelon (small serve)	Mod	Fruct	½ cup	Limit

FRUIT – HIGH FODMAP	RATING	TYPE	AVOID	NOTE
Apple	High	Fruct Poly	All	Fruct + sorb
Apricot (dried)	High	Poly	All	Extreme
Avocado	High	Poly	>½ whole	Sorbitol
Blackcurrant	High	Poly	All	High poly
Boysenberry	High	Poly	All	High poly
Cherry (sweet)	High	Poly	All	High sorbitol
Dates (dried)	High	Fruct	All	Extreme
Figs (dried)	High	Fruct	All	Extreme
Grapes (red, large serve)	High	Poly	>1 small	Polyols
Mango	High	Fruct	>½ cup	Excess fruct
Nectarine	High	Poly	All	High sorbitol
Peach (large/ripe)	High	Poly	>1 small	Sorbitol
Pear (fresh)	High	Poly	All	Extreme sorb
Prunes / Dried Plums	High	Poly	All	Extreme
Watermelon (large serve)	High	Fruct	>1 cup	Excess fruct
Raisins / Sultanas	High	Fruct	All	Extreme

### FODMAP Phase Guide

Phase 4: Life  
Phase 3: Personalise  
Phase 2: Test  
Phase 1: Elimination

- Phase 1 — Strict 2-6 wks
- Phase 2 — Reintroduce 1x/wk
- Phase 3 — Build safe list
- Phase 4 — Least restriction

Work with a dietitian — the goal is maximum variety, not permanent restriction

### Low FODMAP Meal Ideas

**Egg & Rice Bowl**  
Low  
Scrambled eggs · rice · baby spinach · carrot · chives · olive oil

**Grilled Salmon Plate**  
Low  
Salmon · GF pasta · zucchini · capsicum · lemon butter

**Rice Paper Rolls**  
Low  
Prawns · rice vermicelli · lettuce · carrot · cucumber · GF soy sauce

**Quinoa Power Bowl**  
Low  
Chicken · quinoa · green beans · tomato · cucumber · olive oil dressing

**Sushi Bowl**  
Low  
Tuna · white rice · cucumber · edamame (limit) · tamari · sesame oil

**Stir-Fry Noodles**  
Low  
Beef strips · GF rice noodles · bok choy · capsicum · GF oyster sauce

**Oat Breakfast Bowl**  
Low  
Certified GF oats · lactose-free milk · strawberries · blueberries · maple syrup

**Baked Potato Meal**  
Low  
Jacket potato · cheddar · butter · green salad · tomato · spring onion tips

### Common FODMAP Mistakes

- ✗ Eating onion or garlic in any amount — highest fructan foods, no safe threshold
- ✗ Using regular milk — switch to lactose-free or plant-based alternatives
- ✗ Eating wheat bread — even small amounts are high in fructans, use GF bread
- ✗ Ignoring serving sizes — many "safe" foods become high FODMAP at larger portions
- ✗ Drinking fruit juice — no fiber buffer, concentrated fructose delivery
- ✗ Not rinsing canned legumes — rinsing reduces FODMAP content by up to 40%
- ✗ Using garlic/onion powder in seasoning — still contains fructans
- ✗ Staying in elimination phase too long — aim for maximum dietary variety
- ✗ Testing multiple foods at once — reintroduce one food type per 3 days only
- ✗ Ignoring "stacking" — eating several moderate-FODMAP foods at one meal can tip over threshold

### FODMAP Protocol Rules

- ✓ Replace onion & garlic with garlic-infused oil (FODMAP stays in bulb, not oil)
- ✓ Use the green tops of spring onion / leek — tops are always low FODMAP
- ✓ Switch to lactose-free milk, yogurt, and hard aged cheeses during Phase 1
- ✓ Choose certified gluten-free products — not just "wheat-free" or "low gluten"
- ✓ Rinse canned chickpeas and lentils thoroughly before eating small portions
- ✓ Sourdough white bread (long-fermented) may be tolerated — fructans partially reduced
- ✓ Eat fruit whole, not as juice — and stick to one serve at a time, not several fruits
- ✓ Watch for hidden FODMAPs: onion/garlic in sauces, stock, dressings, processed foods
- ✓ Cool cooked potato and pasta before eating — increases resistant starch, lowers impact
- ✓ Work with a registered dietitian — long-term low FODMAP restricts beneficial bacteria

AVAILABLE ON AMAZON

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