



**PUCKETTE**

Integrative Healthcare, S.C.

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## FODMAP Food Chart

### Low FODMAP Vegetables and Legumes

- Bamboo shoots
- Bean sprouts
- Broccoli
- Cabbage, common and red
- Carrots
- Celery (less than 5cm stalk)
- Chick peas (1/4 cup max)
- Corn (1/2 cob max)
- Courgette
- Cucumber
- Eggplant
- Green beans
- Green pepper
- Kale
- Lettuce
- Parsnip
- Potato
- Pumpkin
- Red peppers
- Scallion/ spring onions (green part)
- Squash
- Sweet potato
- Tomatoes
- Turnip

### Low FODMAP Fruit

- Unripe bananas

- Blueberries
- Cantaloupe
- Cranberry
- Clementine
- Grapes
- Melons
- Kiwi
- Lemon
- Orange
- Pineapple
- Raspberry
- Rhubarb
- Strawberry

### Low FODMAP Meat and Substitutes

- Beef
- Chicken
- Lamb
- Pork
- Quorn mince
- Cold cuts

### Low FODMAP Breads, Cereals, Grains, Pasta

- Oats
- Quinoa
- Gluten free foods
- Savory biscuits
- Buckwheat

- Chips/crisps (plain)
- Corn flour
- Oatmeal (1/2 cup max)
- Popcorn
- Pretzels
- Rice (basmati, brown, white)
- Tortilla chips

#### Low FODMAP Nuts and Seeds

- Almonds (15 max)
- Chestnuts
- Hazelnuts
- Macadamia nuts
- Peanuts
- Pecans (15 max)
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

#### Milk

- Almond milk
- Coconut milk
- Hemp milk
- Lactose free milk
- Oat milk (30mL max)
- Rice milk (200 mL max)
- Soya milk (soy protein)

#### Low FODMAP Dairy and Eggs

- Butter
- Dark chocolate
- Eggs
- Milk chocolate (3 squares max)
- White chocolate (3 squares max)

#### Low FODMAP Cheese

- Brie
- Camembert
- Cheddar
- Cottage cheese
- Feta
- Mozzarella
- Parmesan
- Swiss

#### Low FODMAP Condiments

- Barbeque sauce
- Chutney ( 1 tbsp max)
- Garlic infused oil
- Golden syrup
- Strawberry jam/jelly
- Mayonnaise
- Mustard
- Soy sauce
- Tomato sauce

#### Low FODMAP Sweeteners

- Aspartame
- Acesulfame K
- Glucose
- Saccharine
- Stevia
- Sucralose
- Sugar/sucrose

#### Low FODMAP Drinks

- Beer (one max)
- Coffee, black
- Drinking chocolate powder
- Herbal tea (weak)

- Orange juice (125 mL max)
- Peppermint tea
- Water
- Wine (one max)

#### High FODMAP Vegetables and Legumes

- Garlic
- Onions
- Asparagus
- Beans (black, broad, kidney, lima, soya)
- Cauliflower
- Cabbage, savory
- Mange tout
- Mushrooms
- Peas
- Scallions/spring onions (white part)

#### High FODMAP Fruit

- Apples
- Apricot
- Avocado
- Bananas, ripe
- Blackberries
- Grapefruit
- Mango
- Peaches
- Pears
- Plums
- Raisins
- Sultanas
- Watermelon

#### High FODMAP Meat and Substitutes

- Chorizo

- Sausages
- Processed meat

#### High FODMAP Breads, Cereals, Grains and Pasta

- Barley
- Bran
- Cous cous
- Gnocchi
- Granola
- Muesli
- Muffins
- Rye
- Semolina
- Spelt
- Wheat foods

#### High FODMAP Nuts and Seeds

- Cashews
- Pistachio

#### High FODMAP Milk

- Cow milk
- Goat milk
- Sheep milk
- Soy milk made with soy beans

#### High FODMAP Dairy and Eggs

- Buttermilk
- Cream
- Custard
- Greek yogurt
- Ice cream
- Sour cream
- Yogurt

### High FODMAP Cheese

- Cream cheese
- Ricotta cheese

### High FODMAP Condiments

- Hummus dip
- Jam (mixed berries)
- Pasta sauce (cream based)
- Relish
- Tzatziki dip

### High FODMAP Sweeteners

- Agave
- High fructose corn syrup
- Honey
- Inulin
- Isomalt
- Maltitol
- Mannitol
- Sorbitol
- Xylitol

### High FODMAP Drinks

- Coconut water
- Apple juice
- Pear juice
- Mango juice
- Sodas with High fructose corn syrup
- Fennel tea
- Herbal tea (strong)