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# My Low FODMAP Personalized Plan: What Can I Eat Now?

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## FODMAP Categories that Trigger My Symptoms:

Use information gathered from the Reintroduction Phase. Circle all the categories that did not cause symptoms for you. Underline ones that did cause symptoms in certain portion sizes. Cross out those that caused symptoms at any portion size.

Fructose

Fructans – Garlic

Sorbitol

Lactose

Fructans – Onions

Mannitol

Fructans – Grains

GOS

Sorbitol + Fructose

Fructans – Vegetable and Fruit

Fructans + GOS

The next few pages show which foods are moderate or high in FODMAPs within each category. If there are categories that did not cause any symptoms for you during the Reintroduction Phase, you can continue to eat all the foods that are listed in that category. Be careful of the few foods on the chart that are in more than one category (they are indicated with + sign and another category written next to them).

Work with your Registered Dietitian Nutritionist to develop a personalized plan based on the results from the Reintroduction Phase. Look through the charts and mark which foods should be okay for you and which ones you need to remain cautious about or avoid for now. Remember you can still eat all the foods on the Low FODMAP green chart (on page 5). Make a list for yourself using the space on page 6.

## Moderate and High FODMAP Foods by Category: Fructose, Lactose, and Polyols

Fructose	Lactose	Sorbitol	Mannitol	Sorbitol + Fructose
Figs	Buttermilk	Apricot	Watermelon	Apple
Grapes	Cheese	Avocado	Butternut squash (+GOS)	Cherries
Mandarin orange	Cream cheese	Blackberries	Cauliflower	Pear
Mango	Ice cream	Coconut	Celery	Coconut flour
Orange	Kefir	Nectarine (+fructans)	Fennel (+fructan)	
Raspberries	Milk	Peach	Kimchi	
Strawberries	Pudding	Plum (+fructans)	Mushrooms	
Watermelon (+fructans)	Sour Cream	Prunes (+fructans)	Snow peas (+fructan, GOS)	
Tomato sauce	Yogurt	Eggplant	Sauerkraut	
Artichoke heart, canned	Milk chocolate	Green beans		
Asparagus (+fructans)		Bok choy		
Bell pepper, red/orange/yellow		Cabbage, green		
Broccoli heads		Sweet corn		
Hot peppers		Turnip		
Sugar snap peas		Coconut milk		
Summer squash		Coconut water (+fructan)		
Tomato				
Wheat bread (+fructans)				
Honey				
Balsamic vinegar				
Agave				
High fructose corn syrup				

## Moderate and High FODMAP Foods by Category: Fructans and GOS

Fructans: Grains, Nuts, Seeds	Fructans: Vegetable and Fruit	Fructans: Garlic/Onions	GOS	Fructans + GOS
Gluten-free bread	Banana	Garlic	Butternut squash (+mannitol)	Beets
Wheat bread (+fructans)	Blueberry	Leeks	Peas, canned	Poblano pepper
White bread	Cantaloupe and honeydew	Onion	Almond meal	Snow peas (+mannitol)
Granola	Cranberries	Shallots	Barley	Peas, frozen
Rye	Dates	Scallions	Chickpea pasta	Pumpkin, canned
Spelt flour and flakes	Grapefruit	Garlic powder	Almonds	Spaghetti squash
Pasta (from wheat)	Kiwi		Adzuki beans	Soy
Quinoa	Nectarine (+sorbitol)		Brazil nuts	Whole wheat flour
Pecans	Passionfruit		Butter beans	Oatmeal
Chia seed	Persimmon		Chickpeas	Mung beans
Pumpkin seeds	Pineapple		Flaxseed	Black beans
Tofu	Plum, prunes (+sorbitol)		Hazelnuts	Cashews
Walnuts	Pomegranate		Lentils	Navy beans
Millet	Raisins, currants		Black eyed peas	Pinto beans
Pine nuts	Watermelon (+fructose)		Hemp seeds	Pistachio
Sunflower seeds	Artichoke		Almond butter	Kidney beans
Kombucha	Asparagus (+fructose)		Sesame seeds	Split peas
Tea: Black, oolong, chai	Bell pepper, green		Tahini	Tempeh
Hemp milk	Broccoli stalks			Hummus
Quinoa milk	Brussels sprouts			Corn tortilla
Buckwheat kernels	Cabbage, red/savoy/Napa			Corn chips
Coconut water (+sorbitol)	Corn, canned			Peanut butter
Chamomile tea	Zucchini			Chocolate
	Edamame			Oat milk

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	Fennel (+mannitol)			Soy milk
	Jicama			Amaranth flour
	Spinach			Cocoa powder
	Coconut flour			Peanuts
	Ketchup, tomato paste			
	Relish			

## Low FODMAP Foods

These foods are very low in FODMAPs, so can be enjoyed in any portion size

Fruits	Vegetables	Grains/Flours	Protein	Dairy	Other
→ Banana, green → Dragon fruit → Guava, fresh and ripe → Lemon and lime → Marmalade jam → Papaya → Plantain → Starfruit	→ Arugula → Bamboo shoots (raw or canned) → Bean sprouts → Carrots → Collard greens → Cucumber → Kabocha squash → Kale → Kohlrabi → Lettuce → Parsnip → Pattypan squash → Potato → Radish → Rhubarb → Scallions, green parts only → Seaweed, nori → Swiss chard → Water chestnuts	→ Buckwheat flour → Cornstarch → Cornmeal → Corn flour → Millet flour → Polenta → Potato flour → Rice → Rice flour → Rice noodles → Sorghum flour → Tapioca starch → Teff flour → Wild rice	→ Eggs → Meat (poultry, fish, canned fish, beef, pork, lamb) → Macadamia nuts	→ Butter → Ghee → Lactose-free cottage cheese, cream cheese, kefir, milk, yogurt <u>Non-Dairy Milk</u> → Almond milk → Rice milk → Macadamia milk	→ Capers → Cocoa powder → Fresh herbs → Hot sauce (no garlic) → Lard → Maple syrup → Margarine → Mayonnaise → Mustard → Oil (all varieties) → Olives → Pickles → Soy sauce → Spices, except garlic and onion → Sugar, stevia → Tea (green, white, rooibos, licorice, peppermint) → Vanilla → Vinegar (except balsamic)

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## My Personalized Plan

Work with your Registered Dietitian to fill in this table and make your personalized plan.

**Foods to eat FREELY. These foods cause little or no reaction.**


**Foods to eat in MODERATION. These foods may cause a mild reaction or no reaction in smaller portions.**


**Foods to continue to AVOID currently. These foods are likely to cause me to have a significant reaction.**
