The complete Low FODMAP *food list.*

What to choose and what to limit during the elimination phase, organised by category. Classifications based on widely established Low FODMAP principles. An educational tool, not medical advice.

Low FODMAP — suitable in the elimination phase

High FODMAP — best limited or avoided

01 Fruit

LOW FODMAP	HIGH FODMAP
Banana (firm)	Apple
Blueberries	Pear
Raspberries	Mango
Strawberries (≤5 medium)	Watermelon
Grapes (≤15)	Cherries
Orange · Mandarin	Peach
Kiwi · Pineapple	Nectarine
Papaya · Cantaloupe	Plums · Persimmon
Lemon and lime	Figs · Apricots
Passion fruit · Starfruit	Avocado (>⅛)
Shredded coconut (≤¼ cup)	Lychee · Dates
Rhubarb	Custard apple

02 Vegetables

LOW FODMAP	HIGH FODMAP
Carrot · Courgette	Onion (all)
Cucumber · Tomato	Garlic
Bell pepper (all)	Cauliflower
Spinach	Mushrooms
Green beans	Asparagus
Aubergine · Potato	Artichoke
Sweet potato (≤½ cup)	Peas
Lettuce · Olives	Beetroot
Pumpkin · Turnip	Leek (white)
Ginger · Radish	Brussels sprouts
Broccoli (≤¾ cup)	Celery · Chicory
Bok choy	Mangetout / snow peas

03 Grains & starches

LOW FODMAP	HIGH FODMAP
Rice (all)	Wheat (in quantity)
Gluten-free oats (≤½ cup)	Barley · Rye
Quinoa · Corn	Wholewheat bread
Gluten-free pasta	Wheat crackers
GF bread (no inulin)	Wheat cereals
Rice cakes	Commercial granola
Potato · Tapioca	Wheat couscous
Buckwheat · Millet	Products with inulin
Sorghum · Rice flour	or FOS

04 Protein

LOW FODMAP	HIGH FODMAP
Chicken · Turkey	Cured meats with garlic/onion
Beef · Pork · Lamb	Sausages with additives
Fish (all)	Meats with HFCS
Shellfish · Eggs	Chickpeas · Lentils
Firm tofu (≤170g)	Dried beans
Tempeh (≤75g)	Cashews · Pistachios
Cured ham (no additives)	Soy tofu (in quantity)
Tinned tuna · Smoked salmon	Pea protein (in quantity)

05 Dairy & alternatives

LOW FODMAP	HIGH FODMAP
Aged cheese (cheddar, parmesan)	Cow/goat/sheep milk
Brie · Camembert · Feta	Regular yoghurt
Mozzarella	Cream
Lactose-free milk	Fresh cheese / ricotta
Lactose-free yoghurt	Ice cream with lactose
Butter	Condensed milk
Almond/rice milk	Soy milk (whole beans)
Coconut milk (≤½ cup)	Cashew/hazelnut milk
Macadamia milk	Coconut yoghurt (with inulin)

06 Nuts & seeds

LOW FODMAP	HIGH FODMAP
Almonds (≤10)	Cashews · Pistachios
Macadamia · Brazil nuts	Almonds (>10)
Peanuts (≤32)	Peanuts (>32)
Walnuts (≤10 halves)	Walnuts (>10 halves)
Pine nuts · Pecans	Hazelnuts (in quantity)
Chia · Flax · Pumpkin	
Sunflower · Sesame	
Peanut butter (≤2 tbsp)	
Tahini (≤1 tbsp)	

07 Sweeteners, sauces & condiments

LOW FODMAP	HIGH FODMAP
Sugar (white, brown, cane)	Honey · Agave
Pure maple syrup (≤2 tbsp)	HFCS · Corn syrup
Stevia · Erythritol · Glucose	Sorbitol (E420)
Aspartame · Sucralose	Mannitol (E421)
Salt · Pepper	Xylitol (E967) · Maltitol
Fresh herbs	Inulin / chicory · FOS
Pure spices	Garlic / onion powder
Vinegar (all)	Ketchup with HFCS
Soy sauce (wheat-free)	BBQ sauce (most)
Mustard/mayo (garlic-free)	Dressings with garlic/onion
Olive oil · garlic oil (no bits)	

08 Drinks

LOW FODMAP	HIGH FODMAP
Water	Apple/pear/mango juice
Coffee (no regular milk)	Drinks with HFCS
Black/green/white tea	Chamomile/fennel tea
Herbal teas (mint, ginger, rooibos)	Young coconut drinks
Orange juice (≤125ml)	Sugary soft drinks (in quantity)
Pineapple/tomato juice	Regular beer (>1)
Wine (≤150ml)	Sweet liqueurs · Rum & cola
Gluten-free beer (≤1)	Shakes with inulin
Vodka · Gin · White rum	Kombucha (most)
Whisky (in moderation)	Cow/soy (whole-bean) milk

Portions matter. Many foods that are low FODMAP in small amounts become high FODMAP in large portions. The amounts in brackets mark the approximate per-serving threshold.

Onion and garlic are the most problematic, but you can flavour dishes with **garlic or onion oil** (FODMAPs aren't fat-soluble), removing the solid pieces.

This guide is educational and designed for the elimination phase (first 2–6 weeks). It doesn't replace advice from a registered dietitian specialising in digestive health. Classifications based on widely established Low FODMAP principles, which evolve as research advances.