

FODMAP

	High FODMAP foods	Low FODMAP alternatives (This is good for Dised)
Vegetables	Artichoke, asparagus, cauliflower, garlic, green peas, mushrooms, onion, sugar snap peas, sweet potato, taro potato, Mushrooms(Enoki, Shiitake) Soy,chick pea, azuki bean.	Aubergine/eggplant, beans (green), bok choy, green capsicum (bell pepper), carrot, cucumber, lettuce, potato, zucchini, Tomato, pumpkin, eggplant, chinese cabbage, spinach, beansprout
Fruits	Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon	Cantaloupe, kiwi fruit (green), mandarin, orange, pineapple, strawberry, grapes, lemon
Dairy & alternatives	Cow's milk, custard, evaporated milk, ice cream, soy milk (made from whole soybeans), sweetened condensed milk, yoghurt	Almond milk, brie/camembert cheese, feta cheese, hard cheeses, lactose-free milk, soy milk (made from soy protein)
Protein sources	Most legumes/pulses, some marinated meats/poultry/seafood, some processed meats	Eggs, firm tofu, plain cooked meats/poultry/seafood, tempeh, nori seaweed
Breads & cereals	Wheat/rye/barley based breads, breakfast cereals, biscuits and snack products	Corn flakes, oats, quinoa flakes, quinoa/rice/corn pasta, rice cakes (plain), sourdough spelt bread, wheat/rye/barley free breads
Drink	Apple juice,Oolong Tea, herbal tea, apple cider, rum, energy drink orange juice, mango juice, camomile tea	Vodka, whisky, wine(no sugar), lemon juice, cranberry juice, beer gin, sake coffee, cocoa, green tea, senbei, pop corn, tea
Sugars, sweeteners & confectionery	High fructose corn syrup, honey , sugar free confectionery tomato sauce, cube stock,	Dark chocolate, maple syrup, rice malt syrup, table sugar Miso, salt, Mayo, olive oil, butter soy sauce, vinegar
Nuts & seeds snack etc	Cashews, pistachios, armond , sweets, ice cream, pudding, milk chocolate, candy	Macadamias, peanuts, pumpkin seeds/pepitas, walnuts