

The FODMAP Offenders

Excess Fructose Fruit:

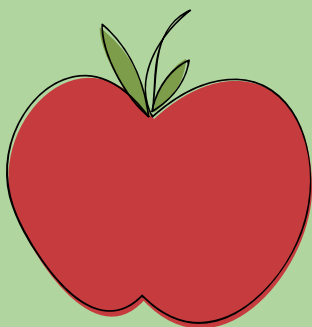
Apple, Mango, Nashi fruit, Pear, Persimmon, Canned fruit in 100% Juice, Watermelon

Excess Fructan fruit:

Persimmon, Rambutan, Watermelon

Excess Polyol fruit:

Apple, Apricot, Avocado, Blackberries, Cherries, Longon, Lychee, Nashi Fruit, Nectarine, Peach, Pear, Plum, Prune, Watermelon



Excess Fructose vegetables:

Sugar snap peas

Excess Fructan vegetables:

Artichokes, Asparagus, Beet, Brussel Sprouts, Cabbage, Chicory, Dandelion leaves, Fennel, Garlic, Leek, Legumes, Okra, Onion (brown, white, & Spanish), Peas, Radicchio lettuce, Shallot, Spring onion (white section)

Excess Polyol vegetables:

Avocado, Cauliflower, Mushrooms, Snow peas



Grains:

Wheat and Rye and foods containing Wheat and Rye: Bread, Crackers, Cookies, Cereal, Seminola, Couscous, and Bulgar



Lactose:

Milk from Cows, Goats, and Sheep. Ice Cream, Yogurt, Soft Cheeses: Cottage Cheese, Cream Cheese, Ricotta



Other FODMAP Foods:

Honey, Corn syrups, Corn syrup solids, Frisana, Chickory, Dandelion tea, Inulin, Artificial sweeteners