

**Table 1.** Foods High in Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols (FODMAPs) and Suitable Alternatives



FODMAP	Foods high in FODMAPs <b>AVOID</b>	Suitable alternatives low in FODMAPs
Excess fructose	<p>Fruits: apple, clingstone peach, mango, nashi pear, pear, sugar snap pea, tinned fruit in natural juice, watermelon</p> <p>Honey sweeteners: fructose, high-fructose corn syrup</p> <p>Large total fructose dose: concentrated fruit sources, large servings of fruit, dried fruit, fruit juice</p>	<p>Fruits: banana, blueberry, cantaloupe, carambola, durian, grape, grapefruit, honeydew melon, kiwi, lemon, lime, orange, passion fruit, pawpaw, raspberry, strawberry, tangelo</p> <p>Honey substitutes: golden syrup, maple syrup</p> <p>Sweeteners: any sweeteners except polyols</p>
Lactose	<p>Milk: regular and low-fat cow, goat, and sheep milk; ice cream</p> <p>Yogurts: regular and low-fat yogurts</p> <p>Cheeses: soft and fresh cheeses</p>	<p>Milk: lactose-free milk, rice milk</p> <p>Ice cream substitutes: gelato, sorbet</p> <p>Yogurts: lactose-free yogurts</p> <p>Cheeses: hard cheeses</p>
Oligosaccharides (fructans and/or galactans)	<p>Vegetables: artichoke, asparagus, beetroot, broccoli, Brussels sprout, cabbage, fennel, garlic, leek, okra, onion, pea, shallot</p> <p>Cereals: rye and wheat cereals when eaten in large amounts (eg, biscuit, bread, couscous, cracker, pasta)</p> <p>Legumes: baked bean, chickpea, lentil, red kidney bean</p> <p>Fruits: custard apple, persimmon, rambutan, watermelon, white peach</p>	<p>Vegetables: bamboo shoot, bok choy, capsicum, carrot, celery, chives, choko, choy sum, corn, eggplant, green bean, lettuce, parsnip, pumpkin, silverbeet, spring onion (green part only)</p> <p>Onion/garlic substitutes: garlic-infused oil</p> <p>Cereals: gluten-free and spelt bread/cereal products</p> <p>Fruit: tomato</p>
Polyols	<p>Fruits: apple, apricot, avocado, cherry, longon, lychee, nashi pear, nectarine, peach, pear, plum, prune, watermelon</p> <p>Vegetables: cauliflower, mushroom, snow pea</p> <p>Sweeteners: isomalt, maltitol, mannitol, sorbitol, xylitol, and other sweeteners ending in “-ol”</p>	<p>Fruits: banana, blueberry, cantaloupe, carambola, durian, grape, grapefruit, honeydew melon, kiwi, lemon, lime, orange, passion fruit, pawpaw, raspberry</p> <p>Sweeteners: glucose, sugar (sucrose), other artificial sweeteners not ending in “-ol”</p>