

Food group	High FODMAP foods	Low FODMAP alternatives
Vegetables	artichokes, asparagus, cauliflower, garlic, green peas, mushrooms, onions, sugar snap peas	eggplant, green beans, bok choy, green bell peppers, carrots, cucumbers, lettuce, potatoes, tomatoes, zucchini
Fruits	apples, apple juice, cherries, dried fruits, mangos, nectarines, peaches, pears, plums, watermelon	cantaloupe, kiwi, mandarin oranges, pineapple
Dairy & alternatives	cow's milk, evaporated milk, ice cream, soy milk (made from whole soybeans), sweetened condensed milk, yogurt	almond, coconut, rice, and hemp milks; 1 oz soy milk (made from soy protein); hard, aged, or ripened cheeses (Brie, Camembert, feta); lactose-free milk
Proteins	beans, chickpeas, lentils, some marinated meats/poultry/seafood, some processed meats	eggs, firm tofu, plain cooked meats/poultry/seafood, tempeh
Breads, cereals & grains	wheat- and rye-based breads, breakfast cereals, pastas, grains, baked goods, breakfast cereals, grains, pastas, rye- and wheat-based breads, and snack products	wheat/rye/barley-free breads; corn tortilla/taco shells; corn flakes, oats, quinoa flakes; quinoa/rice/corn pasta, quinoa, rice, polenta, rice cakes (plain)
Sugars & sweeteners	high fructose corn syrup, honey, sugar-free candy	maple syrup, table sugar, dark chocolate
Nuts & seeds	cashews, pistachios	macadamias, peanuts, pumpkin seeds/pepitas, walnuts

