

CHARACTERISTICS AND SOURCES OF COMMON FODMAPs

F	Fermentable		By colonic bacteria	
O	Oligosaccharides	Fructans, galactooligosaccharides	No absorption (no small intestinal hydrolyzes)	Wheat, barley, rye, onion, leek, white part of spring onion, garlic, shallots, artichokes, beetroot, fennel, peas, chicory, pistachio, cashews, legumes, lentils, and chickpeas
D	Disaccharides	Lactose	Decreased digestion, therefore decreased absorption in 10-95%	Milk, custard, ice cream, and yogurt
M	Monosaccharides	“Free fructose” (fructose in excess of glucose)	Slow, active absorption – poor in ~1 in 3	Apples, pears, mangoes, cherries, watermelon, asparagus, sugar snap peas, honey, high-fructose corn syrup
A	And			
P	Polyols	Sorbitol, mannitol, maltitol, and xylitol	Slow passive absorption	Apples, pears, apricots, cherries, nectarines, peaches, plums, watermelon, mushrooms, cauliflower, artificially sweetened chewing gum and confectionary

FODMAP = Fermentable oligosaccharides, disaccharides, monosaccharides and polyols

FOODS TO AVOID

Fruits:	apple, apricot, avocado, blackberries, cherry, mango, nectarine, peach, pear, persimmon, plum, prune, watermelon
Vegetables:	artichokes, asparagus, beetroot, brussel sprouts, cauliflower, chicory, fennel, garlic, leek, mushroom, onion, peas (including snow peas and sugar snap peas)
Grains/Cereals:	barley, rye, wheat
Nuts:	pistachios
Milk/Milk Products:	milk, custard, ice cream, soft cheeses, yogurt
Legumes:	chickpeas, lentils
Other:	honey, high fructose corn syrup, chicory drinks
Food Additives:	inulin, FOS, sorbitol, mannitol, maltitol, xylitol, isomalt