

CHARACTERISTICS AND SOURCES OF COMMON FODMAPs

F	Fermentable		By colonic bacteria	
O	Oligosaccharides	Fructans, galacto-oligosaccharides	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, brussels 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