

FODMAPS

Top tips to lighten the FODMAP load & reduce pain, bloating, constipation and/or diarrhoea!

AVOID

SWAP



HONEY



100% MAPLE SYRUP



GARLIC



GARLIC INFUSED EXTRA VIRGIN OLIVE OIL



ONION



GREEN END OF SPRING ONION



CASHEWS & PISTACHIOS



MIXED NUTS

e.g. macadamia, peanuts, walnuts, hazelnuts, pumpkin seeds



DRIED LEGUMES



TINNED LEGUMES

Triple rinsed with water & limited to ¼ cup



WHEAT, RYE BARLEY



LOW FODMAP GRAINS

e.g. Bulgur, Buckwheat, Polenta, Oats, Quinoa, Rice (brown)



VEGETABLES

e.g. beetroot, artichokes not in vinegar), savoy cabbage (over 1 cup, green peas, leek, mushrooms, butternut pumpkin

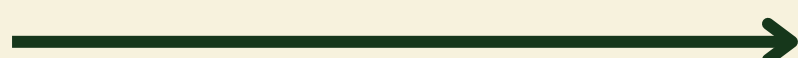


ALL OTHERS



FRUIT

e.g. ripe banana, grapefruit (less than ½ is ok), nectarine, white peach, pomegranate, watermelon



ALL OTHERS



Dried Fruit Avoid MOST



Dried banana, ¼ cup of coconut, cranberries (1 tbs) Paw paw (1 piece)



TOFU, TVP & VEGETARIAN MINCE



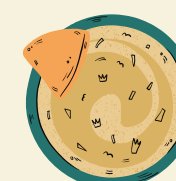
ALL OTHERS



HUMMUS, ONION & GARLIC BASED DIPS & CHUTNEY



Baba ganoush or tahini



SPREADS - HONEY & STRAWBERRY JAM



MOST OTHERS



ALCOHOL WHISKY & RUM



ALL OTHERS - STICK TO LIMITS



This is general information. If you experience recurring IBS symptoms we recommend you see a dietitian and your GP.