



2024

Foodmap List

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What are FODMAPs?

FODMAPs are a large group of dietary sugars found in many common foods such as specific dairy products, wheat and other grains, and fruits and vegetables. While FODMAPs are poorly absorbed in all people, those with specific gut disorders such as IBS are thought to experience the uncomfortable symptoms due to the gut being unusually sensitive.

A Low FODMAP Diet is usually recommended for 6-8 weeks at a time. The low FODMAP diet is not a long term diet and if you feel good on a low FODMAP diet that may indicate that you have **Small Intestinal Bacterial Overgrowth (SIBO)** and I would recommend you get tested for SIBO using a breath test. Aside from SIBO test, another test option is fructose malabsorption.

ELIMINATING FODMAPs

Here's the complete FODMAP list I've found works best for most people, for people with gluten, grain, diary and other intolerances such as salicylates and amines they still have to take these into consideration

FRUITS TO AVOID	SUITABLE FRUITS
Excess Fructose Fruit: Apple Mango Nashi Fruit Pear Persimmon Rambutan Watermelon	Banana Blueberries Boysenberry Cantaloupe Star Fruit Cranberry Durian Grapes Grapefruit Honeydew melon Kiwi Lemon Lime Mandarin Orange Passion Fruit Paw Paw Pineapple Raspberry Rhubarb Strawberry Tangelo
Excess Fructan Fruit: Persimmon Rambutan Watermelon	Suitable dried fruits (some people are ok with dried fruits, others are not): Banana Chips Cranberries (often are coated in sugar – only eat if not sweetened) Currants Paw Paw Pineapple (often are coated in sugar – only eat if not sweetened) Sultanas Raisins (may not be suitable for everyone)
Excess Polyol Fruit: Apple Apricot Avocado Blackberries Cherries Longon Lychee Nashi Fruit Nectarine Peach Pear Plum Prune Watermelon	

Special notes on fruit:

Limit intake of suitable fruits to one serve per meal.

e.g. One whole banana or orange.

Third to half a glass of suitable juice.

Small handful of berries or grapes.

Small amount of suitable dried fruit (e.g. 10 sultanas).

VEGETABLES TO AVOID	SUITABLE VEGETABLES
Excess Fructose Vegetables: Sugar snap peas	Alfalfa
Excess Fructan Vegetables: Artichokes (Globe & Jerusalem) Asparagus Beet Brussel Sprouts Cabbage Chicory Dandelion leaves Fennel Garlic Leek Legumes Okra Onion (brown, white, & Spanish) Peas Radicchio lettuce Shallot Spring onion (white section)	Bamboo shoots Bean shoots Beans (green) Bok choy Broccoli (may not be suitable for everyone) Capsicum Carrot Celery Chives Choy sum Corn (raw corn may bother some people) Cucumber Endive Eggplant (this may be troublesome for some; assess individual tolerance) Ginger Lettuce (may be ok or not) Marrow Olives Parsnip Parsley Potato Pumpkin Silverbeet Spring onion (green section) Spinach Squash (this may be troublesome for some; assess individual tolerance) Swede Sweet potato Taro Tomato (cherry tomatoes often are moldy – try to avoid) Turnip Yam
Excess Polyol Vegetables: Avocado Cauliflower Mushrooms Snow peas	Zucchini (this may be troublesome for some; assess individual tolerance)

Special notes on vegetables:

Onion is one of the greatest contributors to IBS. Strict avoidance is recommended.

- Onion (brown, white & Spanish), Onion powder, White section of spring onion.
- Leeks, Shallots, Garlic.

There is undeclared onion hidden in many processed foods including, chicken salt, vegetable salt, vegetable powder, dehydrated vegetables, stocks, gravies, soups, marinades, & sauces. Alternatives:

- Chives, Green part of spring onion, Fresh & dried ginger, coriander, basil, lemongrass, chili, mint, parsley, marjoram, oregano, thyme, rosemary & others.

PROBLEM WHEAT & Rye

Bread (white, wholemeal, multigrain, sourdough, pita, & many rye)

Pasta & noodles (regular, two minute, spelt, egg noodles, hokkien & udon)

Breakfast cereals (containing wheat, excess dried fruit & /or fruit juice)

Savoury biscuits (wheat based)

Cakes & baked goods (wheat based)

Sweet biscuits (wheat based)

Pastry & breadcrumbs (wheat flour made)

Others (semolina, couscous, bulger)

ALTERNATIVES to WHEAT Grains

Rice

Potato

Amaranth

Tapioca

Quinoa

Millet

Sorghum

Buckwheat

Arrowroot

Sago;

ALTERNATIVES to WHEAT Products:

Gluten free bread, this is not a health food but ok occasionally.

Gluten free pasta, rice noodles, wheat free buckwheat noodles.

Porridge, wheat free muesli, rice bubbles, corn flakes, & gluten free cereals. Corn thins, rice cakes & crackers, gluten free crackers.

Gluten free pastry mixes, & bread crumbs, polenta, cornflake crumbs.

Buckwheat.

Gluten free products are not health foods and can also upset your digestion, if symptoms persist I recommend eliminating 100% as a trial.

Special notes on Grains:

- Small amounts of wheat, such as breadcrumbs, may be tolerable (assess individually).
- Those with diagnosed Coeliac disease should eliminate gluten from their diet.
- Gluten free foods do not contain wheat, but it is recommended that you limit or avoid gluten free processed foods.
- Trace amounts of wheat ingredients such as soy sauce should not be a problem.
- Many wheat derived products such as wheat starch, wheat thickeners, wheat maltodextrin, wheat dextrin, wheat dextrose, wheat glucose, & wheat color caramel are fructan free glucose chains & should be safe to eat.

OTHER FODMAP FOODs

(Containing, FRUCTOSE &/ or Fructans) To Avoid

AVOID	ALTERNATIVES
Honey	Golden syrup
Corn syrups	Treacle
Corn syrup solids	Molasses
Fruisana	Maple syrup
Chickory	White, brown, raw & castor sugar (sucrose) eaten in moderation.
Dandelion tea	Tea, coffee, & herbal teas
Inulin	Nuts & seeds (moderation)
Artificial sweeteners (see GOS)	Oat bran
Sugar free or low carb sweets, mints, gums, & dairy desserts.	Barley bran
Baked beans, lentils, & chick peas	Psyllium
	Rice bran

Special comments:

- Limit alcohol intake.
- Avoid alcohol which is high in indigestible carbohydrate, such as beer.
- Clear spirits such as Vodka & Gin with water/soda flavored with fresh suitable fruit in moderation is preferable.
- Drink plenty of water.
- Eat in moderation, chew your food well.
- Limit processed foods (hidden FODMAPs & irritants), Limit or avoid processed meats (hidden FODMAPs & irritants).
- Fresh fruit, vegetables, & whole meats/fish are best.

Take the Next Step

Toward Better Health

Thank you for reading the 2024 Foodmap List. If you're ready to take control of your digestive health and find relief from your symptoms, here's how you can get started:

Do an Advanced Stool Test to Identify the Cause

Testing is the first step in identifying the root cause of your digestive issues.

Here are the Advanced Stool Tests I recommend:

- [GI-MAP test](#)
- [Vibrant Wellness Gut Zoomer](#)

[Check Other Tests That You Might Need Here!](#)

Schedule a Consultation

Book a [one-on-one consultation](#) to review your test results and receive a personalized treatment plan tailored to your needs. If you have not had testing and want to know where to start, you can also schedule a time and I can help guide you on the best treatment or test options.

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