

Low FODMAPs

| Low Lactose | No Excess Fructose | Low Fructans | Low Polyols |
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| <p>CHEESE BRIE, CAMEMBERT, COLBY, CHEDDAR, GOAT CHEESE, FETA, HAVARTI, MOZZARELLA, PARMESAN, PECORINO, SWISS, LACTOSE FREE COTTAGE, LACTOSE FREE CREAM CHEESE</p> <p>BEVERAGES LACTOSE FREE COW'S MILK (WHOLE, 2%, 1% OR FAT FREE), CANNED COCONUT MILK (FULL FAT & LIGHT), HEMP MILK, ALMOND MILK, RICE MILK</p> <p>OTHER LACTOSE FREE ICE CREAM, SORBET FROM ACCEPTABLE FRUITS, LACTOSE FREE YOGURT, GOAT'S MILK YOGURT, COCONUT YOGURT, LACTOSE FREE SOUR CREAM, WHIPPED CREAM</p> | <p>FRUIT LIMIT TO ONE FRUIT SERVING PER MEAL BANANA (SMALL FIRM), DRIED BANANA CHIPS, BLUEBERRIES, CANTALOUPE, CLEMENTINE, FRESH AND DRIED COCONUT, DRAGON FRUIT, GRAPES (RED, GREEN & BLACK), RIPE GUAVA, HONEYDEW, KIWIFRUIT (GOLD & GREEN), LEMONS, LIMES, ORANGE, PAPAYA, PASSION FRUIT, PINEAPPLE, PLANTAIN, RASPBERRIES, RHUBARB, STAR FRUIT, STRAWBERRIES, TANGELO</p> <p>SWEETENERS & BAKING PURE MAPLE SYRUP, WHITE SUGAR, BROWN SUGAR, STEVIA, PALM SUGAR, RAW SUGAR, RICE MALT SYRUP, DARK CHOCOLATE, COCOA POWDER, VANILLA</p> <p>ALCOHOL MOST WINE & BEER, GIN, VODKA, WHISKEY</p> | <p>VEGETABLES ARUGULA, BAMBOO SHOOTS, BOK CHOY, BEAN SPROUTS, BEETS (PICKLED), ¼ C. BUTTERNUT SQUASH, BELL PEPPERS, BROCCOLI, CARROTS, CELERIAC, CHIVES, COLLARD GREENS, COMMON GREEN & RED CABBAGE, RED & GREEN CHILI, CUCUMBER, EGGPLANT, ENDIVE, FENNEL BULB & STALK, GREEN BEANS, FRESH & GROUND GINGER ROOT, KABOCHA SQUASH, KALE, LETTUCE, PARSNIP, PATTY PAN SQUASH, ¼ C. CANNED PUMPKIN, POTATO (WHITE) OR ½ C. SWEET POTATO, RADISH, RUTABAGA, SCALLIONS & LEEKS (GREEN PART ONLY), SPAGHETTI SQUASH, SPINACH, SWISS CHARD, SUMMER SQUASH, NORI SEAWEED, ½ C. TARO, TOMATOES (CANNED, CHERRY, PLUM & COMMON BEEFSTEAK), TURNIP, OIL INFUSED WITH GARLIC OR ONION, WATER CHESTNUTS, ZUCCHINI, WATERCRESS, GREEN & BLACK OLIVES</p> <p>FRUIT ½ SMALL POMEGRANATE, 1 TB DRIED CRANBERRIES OR RAISINS, ¼ C. DRIED COCONUT & those listed on the no excess fructose and low polyol sections.</p> <p>GRAINS GF BREAD, GF PASTA, MILLET, OATS, RICE, RICE CAKES, QUINOA, QUINOA FLAKES, SLOW LEAVENED SOURDOUGH WHEAT OR SPELT BREAD, SOBA NOODLES, POLENTA, CORN TORTILLAS</p> <p>NUTS/SEEDS LIMIT TO 1 HANDFUL PER SITTING ALMONDS, BRAZIL NUTS, CHESTNUTS, HAZELNUTS, MACADAMIAS, PEANUTS, PECANS, PINE NUTS, WALNUTS, CHIA SEEDS, POPPY SEEDS, PUMPKIN SEEDS, SESAME SEEDS, SUNFLOWER SEEDS</p> <p>LEGUMES ¼ C. DRAINED & RINSED CANNED CHICKPEAS, 1 C. EDAMAME, ½ C. DRAINED AND RINSED CANNED LENTILS, FIRM TOFU, TEMPEH (PLAIN)</p> <p>HERBS BASIL, CILANTRO, CORIANDER, LEMONGRASS, MINT, ROSEMARY, PARSLEY, SAGE, TARRAGON, THYME</p> <p>COFFEE AND TEA COFFEE, ESPRESSO, TEAS: BLACK, GREEN AND WHITE TEAS, HERBAL PEPPERMINT TEA</p> | <p>FRUIT BANANA (SMALL FIRM), DRIED BANANA CHIPS, BLUEBERRIES, CANTALOUPE, CLEMENTINE, FRESH AND DRIED COCONUT, DRAGON FRUIT, GRAPES (RED & GREEN), RIPE GUAVA, HONEYDEW, KIWIFRUIT (GOLD & GREEN), LEMONS, LIMES, ORANGE, PAPAYA, PASSION FRUIT, PINEAPPLE, PLANTAIN, RASPBERRIES, RHUBARB, STAR FRUIT, STRAWBERRIES, TANGELOS</p> <p>VEGETABLES 1/8 AVOCADO, ¼ C. BUTTERNUT SQUASH, ¼ STALK CELERY, ½ C. SWEET POTATO, OYSTER MUSHROOMS</p> <p>SWEETENERS AND BAKING PURE MAPLE SYRUP, WHITE SUGAR, BROWN SUGAR, STEVIA, PALM SUGAR, RAW SUGAR, RICE MALT SYRUP, DARK CHOCOLATE, COCOA POWDER, VANILLA</p> |
| <p>Adapted from https://www.katescarlata.com/</p> | | | |

High FODMAPs

| High Lactose (creates gas + pulls water into the gut) | Excess Fructose (pulls water into the gut) | High Fructans (creates gas) | High Polyols (pulls water into the gut) |
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| <p>CHEESE COMMERCIALY PREPARED RICOTTA CHEESE, COTTAGE CHEESE</p> <p>BEVERAGES COW, SHEEP, & GOAT MILK</p> <p>OTHER EVAPORATED MILK, YOGURT, ICE CREAM, CUSTARD</p> | <p>VEGETABLES JERUSALEM ARTICHOKES, ASPARAGUS, SUGAR SNAP PEAS, SUN-DRIED TOMATOES</p> <p>FRUIT APPLES, BOYSENBERRY, CHERRIES, FRESH FIGS, MANGO, PEARS, TAMARILLO, WATERMELON</p> <p>SWEETENERS AGAVE, HIGH FRUCTOSE CORN SYRUP, HONEY</p> <p>ALCOHOL RUM</p> | <p>VEGETABLES ARTICHOKES, GARLIC, LEEK AND SCALLION BULBS (THE WHITE PARTS), SHALLOT, ONION, ONION & GARLIC POWDER, PEAS, SOYBEANS, KIDNEY BEANS</p> <p>FRUIT BANANA (RIPE), CURRANTS, DATES, FIGS (DRIED), GRAPEFRUIT, NECTARINE, PERSIMMON, PLUMS, PRUNES, WHITE PEACHES, WATERMELON</p> <p>GRAINS RYE, WHEAT, BARLEY</p> <p>NUTS PISTACHIOS, CASHEW</p> <p>LEGUMES BORLOTTI BEANS, MATURE SOYBEANS (MOST SOY MILK, SOY FLOUR), BAKED BEAN, BLACK BEANS, FAVA BEANS, KIDNEY BEANS, NAVY BEANS, SPLIT PEAS</p> <p>OTHER OOLONG TEA, CHAMOMILE AND FENNEL HERBAL TEA, CAROB, CHICORY ROOT EXTRACT, INULIN OR FOS (FRUCTOOLIGOSACCHARIDE)</p> | <p>VEGETABLES CAULIFLOWER, MUSHROOMS, SNOW PEAS</p> <p>FRUIT APPLES, APRICOTS, BLACKBERRIES, CHERRIES, NECTARINES, PEARS, YELLOW PEACHES, PLUMS, PRUNES, WATERMELON</p> <p>SWEETENERS SORBITOL, MANNITOL, ISOMALT, XYLITOL</p> |
| Adapted from: https://www.katescarlata.com/ | | | |