

Common High-FODMAP Foods or Ingredients	Popular Low-FODMAP Alternatives
Soy milk; cow's or goat's milk, yogurt, ice cream	Lactose-free cow's milk, yogurt, ice cream; rice, coconut or almond milk
Beverages, syrups or condiments sweetened with high-fructose corn syrup, honey, agave	Beverages, syrups or condiments sweetened with granulated sugar, evaporated cane juice, brown sugar, 100% pure maple syrup
Dried fruit, fruit juice, trail mix, fruit bars	Small portions (1/2 cup) fresh or frozen fruit
Apples, pears, stone fruits (cherries, peaches, prunes, apricots, avocados, mango), watermelon, blackberries	Strawberries, blueberries, cranberries, grapes, pineapple, cantaloupe, honeydew, kiwi, ripe bananas, oranges, lemons, limes, grapefruit
Garlic, onions, broccoli, cauliflower, cabbage, mushrooms, sweet corn	Garlic-infused oil, chives, spinach, lettuce, fresh tomatoes, cucumber, carrots, zucchini, bell peppers, white potatoes. Small portions (1/2 cup) of green beans, peas, sweet potato
Wheat, barley or rye; breads, cereals, pastas or baked goods made of wheat, barley or rye; high-fiber bars or cereals	Oats, rice, cornmeal or quinoa; breads, cereals, pastas or baked goods made of oats, rice, cornmeal or quinoa
Sugar-free candy sweetened with sorbitol, mannitol, maltitol	Small portions (1-2 ounces) of sugar-sweetened candy
Beans, chickpeas, baked or re-fried beans, hummus	Firm tofu
Pistachios, cashews	Small portions (1 handful) of other nuts, nut butters or seeds

Adapted from *IBS—Free at Last! Change Your Carbs, Change Your Life with the FODMAP Elimination Diet* by Patsy Catsos, MS, RD, LD, 2012 www.ibsfree.net © Patsy Catsos