

FODMAPS is an acronym that stands for fermentable-oligo-di-monosaccharides-and-polyols. These are types of carbohydrates that can be difficult for some people to digest. Interestingly, FODMAPS also function as prebiotics by feeding the beneficial bacteria in the gut. Prebiotic-rich foods and prebiotic supplements aren't right for people with SIBO, IBS, or FODMAPs intolerance. Unlike other types of food intolerances that are the result of incomplete digestion within the small intestine, FODMAP foods become irritating to people for reasons such as dysbiosis, bacterial overgrowth, hypochlorhydria and pathogens.

## Suitable Foods for a low FODMAP Diet

Fruit	Vegetables	grain foods	milk products	other
banana, blueberry, boysenberry, canteloupe, cranberry, durian, grapes, grapefruit, honeydew, melon, kiwifruit, lemons, limes, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo	alfalfa, bamboo shoots, bean sprouts, bok choy, carrot, celery, choko, choy sum, eggplant, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini. <b>Herbs</b> Basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme	<b>Cereals</b> gluten free bread or cereal products <b>Rice</b> <b>oats</b> <b>polenta</b> <b>other</b> arrowroot, millet, psyllium, quinoa, sorghum, tapioca	lactose free milk, oat milk, rice milk, soy milk  <b>Cheeses</b> hard cheeses, brie, camembert  lactose free yogurt gelati, sorbet	tofu sweeteners sugar*(sucrose), glucose golden syrup maple syrup molasses, treacle

## Don't eat these FODMAP containing foods:

Excess Fructose	lactose	Fructans	galactans	polyols
<b>FRUIT:</b> apple, mango, nashi, pear, tinned fruit in natural juice, watermelon <b>Sweeteners:</b> high fructose corn syrup Honey, corn syrup, fruisana Concentrated fruit sources, dried fruit, fruit juice, corn syrup	<b>milk</b> from cows, goats or sheep, custard, ice cream, yogurt Soft unripened <b>cheeses</b> eg. cottage, cream, mascarpone, ricotta	<b>vegetables</b> artichoke, asparagus, beetroot, broccoli, brussel sprouts, cabbage, fennel, garlic, leek, okra, onion (all), shallots, spring onion <b>cereals</b> wheat and rye eg. bread, crackers, cookies, couscous, pasta <b>fruit</b> custard apple, persimmon, watermelon <b>miscellaneous</b> chicory, dandelion, inulin, pistachio	<b>legumes</b> baked beans, chickpeas, kidney beans, lentils, soy beans	<b>fruit</b> apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon  <b>vegetables</b> cauliflower, green capsicum (bell pepper), mushroom, sweet corn  <b>sweeteners</b> sorbitol (420) mannitol(421) isomalt(953) malitol(965) xylytol(967)