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## FODMAP Eating Plan

### What Are FODMAPs?

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FODMAPs are dietary sugars found in foods. They are a group of carbohydrates that often are not absorbed well in the small intestine. As they sit in the small intestine, they can pull water into the intestine. This leads to abdominal bloating and diarrhea for some people.

“FODMAP” refers to specific types of carbohydrates found in foods. The term stands for:

- **Fermentable**
- **Oligosaccharides** — fructans and galactans, found in wheat, garlic and legumes (dried beans and peas)
- **Disaccharides** — lactose, found in dairy products (milk and others)
- **Monosaccharides** — excess fructose, found in honey and certain fruits
- **And**
- **Polyols** — sorbitol and mannitol and certain other low-calorie sweeteners

FODMAPs serve as a source of “food” for bacteria that live in the digestive tract. The bacteria ferment the FODMAPs. That can cause symptoms for people who have a sensitive gastrointestinal (GI) tract. Symptoms include abdominal bloating and expansion called distention, excess gas and abdominal pain. They include changes in bowel habits such as diarrhea and constipation, and other gastrointestinal symptoms.

### For more information

If you have questions after you read this, please talk to your health care provider or dietitian.

### How Do I Start the FODMAPs Diet?

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The FODMAPs diet has three phases:

- **Elimination**
- **Reintroduction**
- **Maintenance**

### Elimination phase

During the elimination phase, you avoid all FODMAP foods for two to six weeks. See the food lists. Most people begin to feel much better within a few days. But it may take weeks to feel as healthy as you can after you make this dietary change.

## **Reintroduction phase**

After the elimination phase, if your symptoms are under control, you may begin to eat foods you eliminated. This is the reintroduction phase. You “re-introduce” the foods one at a time. This phase is important because you learn which foods likely caused your symptoms.

**Before you begin this phase, you should return for a follow-up visit with the dietitian. He or she can give you instructions about the reintroduction phase.**

In general, there are no rules about the order you should use to reintroduce the foods. But there are some important guidelines to follow:

- Keep a food diary. Describe how you react to the food you eat. Your reaction also is called your “tolerance” for the food.
- Only reintroduce one FODMAP group at a time.
- Choose one food or ingredient from one food group. Then include that food or ingredient in your diet once a day for three days.
- If you eliminated a food that is not on any of the food lists, you may try it again during this time.

## **Maintenance phase**

During this phase, your goal is to eat a varied diet. Include as many FODMAP foods as you wish as long as they do not give you symptoms.

## **Tips for success**

- Unless otherwise noted, the serving size shown for some foods is **per meal**.
- Foods listed with serving sizes should be limited to that amount.
- While you are on this diet, be sure you get enough fiber from low FODMAP whole grains, vegetables and fruits. If you need a fiber supplement, consider Citrucel™ or Fibercon™. These do not ferment.
- For the elimination phase, talk to your dietitian or other health care provider about whether you should take a multivitamin and mineral supplement, an additional calcium supplement or both. Also ask whether you should take these products long term.
- If you do not see any changes or improvement in your symptoms after six weeks, talk to your dietitian or other health care provider. This diet does not work for everyone.
- If you have problems with other foods not shared here, such as fatty foods, continue to avoid those.

**Note:** Researchers continue to test the FODMAP content of foods. Foods not listed have not yet been tested for FODMAP content.

## Elimination Phase

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### Sweeteners

Use allowed sweetener in reasonable amounts. Look on the package for information about how much one serving size is. Limit your intake to just that amount. Check ingredient lists on food and beverage labels to see which FODMAPs may be included.

Note:

- Sugar substitutes do not need to be limited.
- Sugar alcohols are found most often in sugar-free gum and candies. But they also may be used in other sugar-free foods and some medications.

#### Foods Allowed

Bar sugar  
Beet sugar  
Brown sugar, 1 Tbsp.  
Cane sugar, cane juice, cane syrup  
Corn syrup  
Dextrose  
Evaporated cane sugars  
Glucose  
Glucose polymers  
Glucose syrup  
Glucose tablets  
Invert sugar  
Maltodextrin  
Maltose  
Maple sugar  
Organic sugar  
Raw sugar  
Real maple syrup  
Rice syrup  
Sucrose  
Sugar, granulated, white  
Sugar, powdered  
Sugar, raw, brown, often called turbinado

#### Foods to Avoid

Agave syrup  
Fructose and crystalline fructose  
Fruit juice concentrate  
High-fructose corn syrup (HFCS)  
Honey  
Maple-flavored syrup/pancake syrup  
Molasses

#### Sugar alcohols

This includes many sugar-free products, such as sugar-free gum, candy, medications, desserts, and protein drinks or bars.

- Erythritol
- Isomalt
- Maltitol
- Mannitol
- Sorbitol
- Xylitol
- Stevia made with erythritol

## Foods Allowed

## Foods to Avoid

### Sugar substitutes

- Aspartame (Equal™, NutraSweet™)
- Saccharin (Sweet N' Low™)
- Sucralose (Splenda™)
- Stevia (Stevia In The Raw™)

### Miscellaneous foods

For items marked with an asterisk (\*), check the product's food label for FODMAP ingredients.

## Foods Allowed

## Foods to Avoid

Balsamic vinegar, 1 Tbsp.  
Bouillon made from allowed ingredients Capers,  
1 Tbsp.  
Cocoa powder, 3 tsp.  
Dark and milk chocolate, 1 fun size bar\* Guar  
gum  
Jam or jelly\*  
Miso paste  
Mustard\*  
Pectin  
Soy lecithin  
Soy protein isolate  
Soy sauce, Tamari  
Sugar-free gelatin Tabasco™ sauce  
Tahini paste, 1 Tbsp.  
Tapioca  
Vinegar  
Worcestershire sauce, 2 Tbsp.

### Seasonings

- Cinnamon
- Ginger root and turmeric
- Green leafy herbs, either fresh or dried: parsley, oregano, cilantro,

Candy sweetened with sweeteners to avoid

Condiments sweetened with sweeteners to avoid:

- Barbeque sauce
- Chutney
- Ketchup
- Plum sauce
- Relish
- Sweet and sour sauce
- Tomato paste
- Tomato soup
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### Seasonings

- Garlic powder
- Garlic salt
- Onion powder
- Onion salt

### Fibers of chicory, inulin, fructo-oligosaccharide (FOS)

### **Foods Allowed**

- coriander, dill, marjoram, thyme,  
rosemary, mint
- Lemon and lime juice
  - Paprika
  - Pepper
  - Salt
  - Seed spices, such as coriander, mustard, cumin, caraway, dill seed, celery seed, sesame seed, poppy seed, nutmeg
  - Vanilla extract, real or imitation

### **Foods to Avoid**

These are often added to foods to increase fiber. Check ingredient lists on foods that have added fiber.

## **Fruit**

- Eat up to three servings per day — but no more than one serving per meal — of the allowed fruits. The fruit may be fresh or frozen.
- Eat fruit with other foods. This slows your digestion of the fructose.
- Pay attention to serving size. The suggested serving for fruit is 1/2 cup or 1 small or medium-size piece, unless otherwise noted.

### **Foods Allowed**

Avocado, 1/8 cup  
Bananas, 1 med unripe or 1/3 ripe  
Blueberries  
Cantaloupe  
Clementine  
Coconut, 1/4 cup  
Cranberry  
Dragon fruit  
Grapes  
Honeydew  
Kiwi  
Lemon or lime  
Mandarin  
Orange  
Papaya  
Passion fruit  
Pineapple

### **Foods to Avoid**

Apples  
Apricots  
Blackberries  
Boysenberries  
Cherries  
Dates  
Figs  
Grapefruit  
Mangos  
Nectarines  
Peaches  
Pears  
Persimmons  
Plums  
Prunes

### **Foods Allowed**

Pomegranate, 1/2  
Raspberries  
Rhubarb  
Strawberries  
Dried cranberries, raisins, currants, 1 Tbsp.  
Dried banana, 10 chips

### **Foods to Avoid**

Tamarillo  
Watermelon  
  
Canned fruit, all unsweetened and sweetened varieties  
Dried fruit (Cranberries, raisins, currants, and bananas are allowed.)  
Fruit juice, all unsweetened and sweetened varieties  
Fruit leather

## **Vegetables**

Serving size is about 1/2 cup cooked or 1 cup raw unless otherwise noted. Start with one serving per meal. Increase the amount you eat as long as you can tolerate it. For healthy eating, have five or more servings per day. This is also suggested, as tolerated, while you follow the low FODMAP diet.

### **Foods Allowed**

Alfalfa and bean sprouts  
Bamboo shoots  
Beets, 2 slices  
Bell pepper  
Bok choy  
Broccoli, 1 cup  
Brussels sprouts, 1/2 cup  
Cabbage: red, common or 1/2 cup savoy  
Carrots  
Celery, 1/4 stalk  
Chili, red, green  
Chives  
Corn, 1/2 cob or 1/3 cup of kernels  
Cucumber  
Eggplant  
Endive  
Fennel, bulb and leaves  
Ginger root  
Green beans  
Jicama

### **Foods to Avoid**

Artichoke  
Asparagus  
Cauliflower  
Chicory root or greens  
Dandelion greens  
Garlic  
Leeks  
Mushrooms  
Onions/shallots  
Sugar snap peas

### **Foods Allowed**

Kale  
Lettuce: iceberg, romaine, baby lettuce, etc.  
Okra  
Olives  
Parsnip  
Potatoes, sweet, 1/2 cup  
Pumpkin, 1/4 cup  
Radish  
Rutabaga  
Snow peas, 5 pods  
Spinach  
Spring onion/scallion (green part only)  
Squash, butternut, 1/4 cup  
Tomatoes, fresh or canned (no onion/garlic)  
Turnips  
Water chestnuts  
Zucchini

### **Foods to Avoid**

### **Breads and grain products**

Wheat, rye and barley-based foods contain the FODMAP fructans. You may substitute wheat-free and gluten-free foods that are also free of other FODMAPs. Be sure to read the food labels. Eat at least four to six servings from this group per day.

**Note:** Whole grains are good sources of fiber. Try to choose these over other grains: pure buckwheat, oats, millet, brown or wild rice, rice bran, quinoa and popcorn.

### **Foods Allowed**

Almond flour, 1/4 cup  
Bread, gluten free with allowed ingredients  
100% buckwheat flour and cereal  
Cereals made from corn, rice, oats  
Cornmeal (polenta)  
Corn tortillas  
Grits  
Millet  
Oats, oat bran, oat flour  
Pasta made from corn, rice or quinoa  
Popcorn  
Pretzels, regular, 1/2 cup

### **Foods to Avoid**

Amaranth flour  
Barley  
Bulgur  
Coconut flour  
Couscous  
Gluten-free baked goods, breads, cereals, bars with ingredients to avoid  
Kamut  
Muesli, all varieties, including gluten-free  
Pumpernickel  
Rye

### **Foods Allowed**

Pretzels, gluten-free  
Quinoa  
Rice: white, brown or wild  
Rice bran  
Rice flour  
Rice crackers/rice cakes  
Saltine crackers  
Soba noodles, 100% buckwheat  
Sourdough bread, wheat or white (The process of making this bread breaks down the fructans.)  
Tortilla chips

### **Foods to Avoid**

Wheat-based food: pasta, cereal, crackers, bread, baked goods

## **Meat and meat substitutes**

Plain meat, poultry and fish that have no additives do not contain FODMAPs.

### **Foods Allowed**

Chicken  
Eggs, egg substitutes  
Fish  
Game meats  
Hummus with allowed ingredients, 1/4 cup  
Lean meat

Legumes:

- Chickpeas, 1/4 cup canned
- Lentils, 1/2 cup canned
- Red/green lentils, 1/4 cup boiled
- Edamame, 1 cup in the pod or 1/2 cup shelled

Nut butters, 2 Tbsp.  
Nuts: almonds, macadamia, peanuts, pecan, pine nuts, walnuts (small handful)  
Organ meats  
Protein powders with allowed ingredients  
Seeds: chia, pumpkin, sesame, sunflower

### **Foods to Avoid**

Breaded meats  
Commercially prepared meats that may contain FODMAP ingredients

Legumes:

- Baked beans
- Dried or split peas
- Green peas
- Lima beans/butter beans
- Dried beans
- Pork and beans
- Refried beans
- Pinto beans
- Kidney beans
- Black beans
- Navy beans

Nuts: pistachios and cashews  
Soy milk made from soy bean  
Soy protein made from textured vegetable

### **Foods Allowed**

Seeds: unsweetened, 2 Tbsp.  
Shellfish  
Soy protein isolate  
Tempeh, 1/2 cup  
Tofu, firm only  
Turkey

### **Foods to Avoid**

protein (TVP)  
Tofu, silken

## **Milk and milk products**

Foods and beverages that list a portion size should be limited to that amount per meal unless otherwise noted.

**Note:** For items marked with an asterisk (\*), check the product's food label for FODMAP ingredients.

### **Beverages and Foods Allowed**

Almond milk  
Coconut milk, canned only  
Goat's milk yogurt  
Hard/aged cheese, for example: cheddar, Colby, Swiss, brick, parmesan, brie, and mozzarella  
Hemp milk  
Kefir (99% lactose-free)\*  
Lactose-free milk  
Lactose-free ice cream, frozen yogurt\*  
Lactose-free yogurt\*  
Lactose-free cottage cheese  
Rice milk

### **Beverages and Foods to Avoid**

Goat's milk  
Cow's milk  
Foods made from cow's milk:

- Custard
- Frozen yogurt
- Ice cream
- Pudding
- Processed cheese
- Yogurt

## **Fats**

### **Foods Allowed**

Butter  
Cooking sprays  
Cream, 1 Tbsp.  
Gravy made with allowed flours or corn starch  
Margarine  
Mayonnaise with allowed ingredients

### **Foods to Avoid**

Salad dressings with FODMAP ingredients

### **Foods Allowed**

Oils, any type  
Sour cream, 1 Tbsp.

### **Foods to Avoid**

## **Beverages**

Beverages listed with a portion size should be limited to that amount per day.

### **Beverages Allowed**

Beer, 12 oz.  
Coffee (not chicory), 8 oz.  
Carbonated beverages, sugar-free  
Distilled spirits (also called hard alcohol): brandy, gin, vodka, whiskey  
Sports drinks with allowed sweeteners  
Sugar-free powdered beverages  
Sugar-sweetened carbonated beverages made with allowed sweeteners, 8 oz.  
Tea (not chamomile, chicory, dandelion, fennel, or oolong teas)  
Wine, dry: red or white, 5 oz.

### **Beverages to Avoid**

Cider  
Coconut milk in a carton  
Coconut water  
Dessert wines: port, Marsala, Madeira, Muscat, rice, Tokay  
Fruit juices and fruit drinks  
Rum  
Soy milk  
Tea: chamomile, chicory, dandelion, fennel, and oolong

## **Be Sure to Read Food Labels**

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Many processed foods have FODMAPs. Read the labels carefully.

# Nutrition Facts

6 servings per container

**Serving size** 1 bar (40g)

**Amount per serving**

**Calories** 190

**% Daily Value\***

**Total Fat** 12g 18%

Saturated Fat 5g 25%

*Trans* Fat 0g

**Cholesterol** 0g

**Sodium** 25mg 1%

**Total Carbohydrate** 22g 16%

Dietary Fiber 4g 16%

Total Sugars 12g

Additional Sugars

**Protein** 3g

Potassium 160mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients

Almonds, coconut, dark chocolate flavored coating (palm kernel oil, chicory root fiber, sugar, cocoa powder, soy lecithin, natural flavor, salt), honey, glucose syrup, rice flour, unsweetened chocolate, soy lecithin, chicory root fiber, sugar, Madagascar vanilla, sea salt.

## Other Products That Are Low in FODMAPs

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As you wish, you may eat these products. They are allowed on the FODMAP eating plan.

**Note:** This is not a complete list of foods that are low in FODMAPS.

- Bob's Red Mill™ Mighty Hot & Tasty Cereal
- Cheerios™
- Corn bran cereal
- Corn Chex™ cereal
- Blue Diamond™ Nut Thins
- Mary's Gone™ crackers, original
- Snyder's of Hanover™ gluten-free pretzels
- Udi's™ white sandwich bread
- Jules™ baking mix
- King Arthur™ baking mix (gluten-free, multi-purpose flour)
- Bisquick™, gluten free
- Namaste™ Perfect Flour Blend
- Cup 4 Cup™ flour blend
- Pamela's™ Pancake and Baking Mix

## Menu Ideas for a Low-FODMAP Plan

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### Breakfast

- Oat cereal such as oatmeal, oat flakes, Cheerios™, others
- Corn cereal such as corn flakes, Corn Chex™, others
- Rice cereal such as Rice Krispies™, Rice Chex™, Cream of Rice™, others
- Grits
- Hash browns
- Eggs
- Ham
- Bacon
- Omelet made with aged cheese, vegetables
- Udi's or other gluten-free toast with butter or margarine
- Sourdough bread, wheat or white, 100% real
- Lactose-free milk, rice milk or 1 cup of almond milk
- Allowed fruit, 1 serving
- Handful of nuts

### Lunch

- Salad with allowed greens, cucumbers, tomatoes, aged cheese, chicken, egg, tuna
- Wine vinegar and oil salad dressing. Limit to 1 Tbsp. if balsamic vinegar is used

- Sandwich made with gluten-free bread such as tuna salad, chicken salad, egg salad, grilled cheese, or meat
- Corn tortilla with seasoned lean protein, shredded lettuce, tomatoes, shredded cheese
- Nachos with cheese
- Homemade soup with allowed ingredients
- No-bean chili with shredded cheese and Fritos™ corn chips
- Leftovers from another meal
- Allowed fruit, 1 serving

## **Dinner**

- Lean meat
- Meatloaf made from lean ground meat, with egg, oatmeal and allowed seasonings
- Chicken
- Turkey
- Fish
- Shellfish
- Stir fry with allowed foods
- Steamed rice: white, brown or wild
- Potato: baked, boiled or mashed
- Quinoa
- Rice or corn pasta
- Allowed vegetables
- Allowed fruit, 1 serving

## **Snacks**

- Aged cheese
- Lactose-free yogurt
- Corn chips, plain
- Allowed nuts, 1 oz.
- Potato chips, plain
- Popcorn
- Popcorn cakes
- Raw vegetables such as carrots, cherry tomatoes, cucumber, and other allowed vegetables
- Rice cakes
- Peanut butter, 2 Tbsp.
- Rice crackers
- FODMAP-friendly salsa and hummus

## **Travel Tips**

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Keep low-FODMAP snacks nearby as you travel.

## **In your carry-on bag or purse**

- Saltine crackers
- Rice crackers or rice cakes
- Low-FODMAP granola bars
- Instant oatmeal packets made with allowed ingredients
- Single-serve peanut butter or almond butter packets

## **In a cooler during travel by car**

- Hummus
- Cheese
- Boiled eggs
- Deli meat
- Yogurt, plain or with allowed ingredients
- Allowed fruit and cut-up vegetables

## **When dining out**

- Go online to review food options at restaurants. Seafood restaurants and steak houses often have good options.
- Call the restaurant ahead of time. Ask how meals are prepared and if any can be changed a bit to meet your dietary needs.
- Choose simple entrees.
- Avoid garlic, onion and most sauces.
- Consider these dining options:
  - Salad with plain grilled protein, oil and suitable vinegar or lemon wedge.
  - Omelet with aged cheese and allowed vegetables. Bacon and ham are okay to eat too.
  - Hamburger, gluten-free bun, lettuce, tomato, French fries.

## **Other tips**

- Request a small refrigerator in the hotel room.
- Make a trip to a local grocery store if needed.
- Before you eat or drink flavored dairy products, read the nutrition label. Avoid FODMAPs that you are not eating or drinking at that time.
- When you travel, be sure to take lactase enzyme pills and any other medications you may need, such as Imodium™ or fiber supplements.

## **Reintroduction Phase**

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After two to six weeks of the elimination diet, if your symptoms have improved, you may start to introduce again foods that have FODMAPs. There are no firm rules about which foods you start with or the order in which you try the food again. However, **if you want to figure out which foods caused your symptoms, there are rules about how you reintroduce the foods.**

- Reintroduce one FODMAP group, such as fructans, at a time. Use one food from that group at a time. See lists of FODMAP groups.
- Keep a food diary. Write down each food you reintroduce and how much you ate. Note whether you had any symptoms after you ate that food group.
- Wait about three days (72 hours) before you move on to the next food.

**The food groups that follow list the foods according to which type of FODMAP they contain.**

Introduce one food from whichever group you decide to start with.

- You will start with a **half-portion** on the first day. Then try one portion on day two and again on day three.
- If you have symptoms — meaning that you do not tolerate that food — stop eating that food. Wait for the symptoms to go away. Then try other foods in that FODMAP group. Later, you can retry the poorly tolerated food in a smaller amount.

Add more foods from the same FODMAP group. Continue to add foods from this group until you are ready to try another group. You do not have to try all foods in each group. Eat those you like.

### **Before you start a new group**

Before you start a new group, go back to the basic diet. Stop all foods from the first group. Wait about three days (72 hours) before you introduce another food group into your diet.

**Continue to do this until you have once more introduced all food groups. If at any time you try a food that you react to, stop eating that food. Try it again later in a smaller amount.**

If a food has more than one FODMAP, wait to try it until after you've separately tried food from each of the FODMAP groups. If you can tolerate those FODMAPs separately, you likely will be able to tolerate them together.

### **Lactose group**

- Milk, cows, goat
- Soft cheese, cottage cheese, ricotta

Check label for FODMAP ingredients in these foods:

- Ice cream, frozen yogurt
- Pudding

- Yogurt, regular
- Yogurt, Greek

## Fructose group

- Agave syrup or nectar
- Asparagus
- Figs, fresh
- Honey
- Mango
- Rum
- Sugar snap peas
  
- Apple. **Note:** Has fructose and sorbitol.
- Artichoke. **Note:** Canned artichokes have fructose. The Jerusalem artichoke has fructan and fructose.
- Cherries. **Note:** Have fructose and sorbitol.
- Juice. **Note:** Has fructose and sorbitol.
- Pear. **Note:** Has fructose and sorbitol.
- Products with high-fructose corn syrup. **Note:** Check label for FODMAP ingredients.
- Watermelon. **Note:** Has fructose, fructan and mannitol.

## Fructan group

- Banana, more than 1/3 ripe, with brown spots
- Barley
- Beets, more than 2 slices
- Broccoli, more than 1 cup
- Brussels sprouts, more than 1/2 cup
- Cabbage, savoy, more than 1/2 cup
- Dates
- Dried fruit: raisins, cranberries, currants, more than 1 Tbsp.
- Garlic
- Grapefruit
- Inulin and chicory root
- Okra, more than 6 pods
- Onions, shallots, leeks
- Persimmons
- Pistachios, cashews
- Pomegranate, more than 1/2 small
- Pumpkin, more than 1/4 cup
- Rye
- Tea: chamomile, chai, fennel, oolong
- Wheat-based food: pasta, cereal, crackers, bread, baked goods

- Artichoke. **Note:** The globe artichoke has fructan. The Jerusalem artichoke has fructan and fructose.
- Nectarine. **Note:** Has fructan and sorbitol.
- Plum/prunes. **Note:** Has fructan and sorbitol.
- Watermelon. **Note:** Has fructan, fructose and mannitol.

## Polyol group

Candy, gum and medicine sweetened with sugar alcohols:

- Erythritol
- Isomalt
- Maltitol
- Mannitol. See also “Polyol (mannitol) group.”
- Sorbitol. See also “Polyol (sorbitol) group.”
- Xylitol

## Polyol (mannitol) group

- Cauliflower
- Celery, more than 1/4 stalk
- Mushrooms
- Snow peas, more than 5 pods
- Sweet potato, more than 1/2 cup
- Butternut squash, more than 1/2 cup. **Note:** Has mannitol and galactan.
- Watermelon. **Note:** Has mannitol, fructose and fructan.

## Polyol (sorbitol) group

- Apricots
- Avocado, more than 1/8
- Blackberries
- Peaches, yellow
- Sweet corn, more than 1/2 cob, more than 1/3 cup of kernels
- Apples/apple juice. **Note:** Has sorbitol and fructose.
- Asian pears. **Note:** Has sorbitol and fructose.
- Cherries. **Note:** Has sorbitol and fructose.
- Nectarines. **Note:** Has sorbitol and fructan.
- Pears/pear juice. **Note:** Has sorbitol and fructose.
- Plums/prunes. **Note:** Has sorbitol and fructan.

## Galactan group (GOS)

- Butternut squash, more than 1/4 cup. **Note:** Has galactans and mannitol.
- Chickpeas, also called garbanzo beans, canned, more than 1/4 cup

- Coffee, regular or decaffeinated, 8 fl. oz.
- Edamame, 1/2 cup
- Green peas
- Hummus, more than 1/4 cup
- Jicama, 1/2 cup
- Legumes: black beans, kidney beans, pinto beans, baked beans. **Note:** Beans that are canned, rinsed, drained then cooked will have the lowest amount of FODMAPs.
- Lentils, canned, more than 1/2 cup
- Nuts: Pistachios and cashews
- Soy milk, 8 fl. oz.
- Tofu, silken
- Veggie/soy burger, 1 serving

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MC7662rev0518