



## Low FODMAP Food Guide

### What are FODMAPs?

FODMAPs are fermentable short-chain carbohydrates that can cause digestive symptoms like bloating, gas, and diarrhea, particularly in individuals with IBS.

### High-FODMAP Foods (Avoid or Limit)

- **Vegetables:** Garlic, onions, asparagus, cauliflower, mushrooms
- **Fruits:** Apples, pears, cherries, watermelon, mango
- **Legumes:** Lentils, chickpeas, black beans
- **Grains:** Wheat, rye, barley
- **Dairy:** Milk, soft cheeses, yogurt

### Low-FODMAP Foods (Safe Choices)

- **Vegetables:** Zucchini, carrots, spinach, cucumber, bell peppers
- **Fruits:** Bananas, oranges, blueberries, strawberries, kiwi
- **Proteins:** Chicken, fish, eggs, tofu (firm), shellfish
- **Grains:** Rice, oats, quinoa, gluten-free bread
- **Dairy Alternatives:** Lactose-free milk, almond milk, coconut milk