

FODMAP FOOD LIST

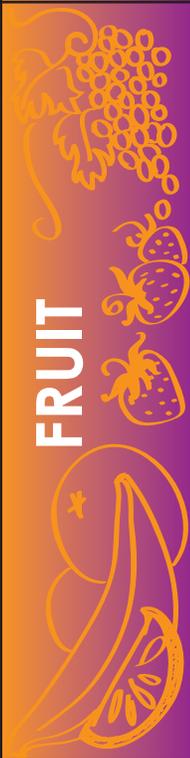
If you are experiencing gas, bloating, or general symptoms of IBS, a low FODMAP diet may help. These fermentable oligosaccharide, disaccharide, monosaccharide and polyol carbohydrates can significantly contribute to the symptoms above.

FOOD CATEGORY	AVOID	RESTRICT	EAT*
 <p style="writing-mode: vertical-rl; transform: rotate(180deg);">VEGETABLES</p>	<ul style="list-style-type: none"> Artichoke Asparagus Broccoli Cabbage Celery Garlic Leek Mushrooms Onion Radicchio Shallot Snow peas Tomato sauce and paste 	<ul style="list-style-type: none"> Avocado Beet Brussel sprout Fennel Green peas Okra Sweet potato 	<p>(SOME OF THESE FOODS MAY NEED TO BE AVOIDED BASED ON SENSITIVITIES AND EFFECT ON OVERALL HEALTH)</p> <ul style="list-style-type: none"> Acorn squash Arugula Bamboo shoots Bean Sprouts Bell Peppers/Sweet Bok choy Butternut squash Carrot Chives Cucumber Dandelion greens Eggplant Endive Fermented vegetables - including cabbage Green beans Kale Lettuce Olives Parsnip Pumpkin Radish Sea Vegetables and seaweed Spaghetti squash Spinach Spring onion - green part only Summer squash - zucchini, pattypan, yellow Swiss chard Taro Tomatoes Turnip Water chesnut White potato Yam



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FOOD CATEGORY	AVOID	RESTRICT	EAT*
 <p>FRUIT</p>	<p>Apple Apricot Blackberries Boysenberry Cherries Dates Figs Longon Lychee Mango Nectarine Peach Pear Persimmon Plum Tamarillo Watermelon All dried fruit All fruit juice Canned/tinned fruit - in natural juice</p>	<p>Banana - ripe Cranberry - unsweetened Grapefruit Pomegranate</p>	<p>Banana - green tipped Blueberries Cantaloupe Clementine Dragonfruit Grapes Honeydew Kiwi Lemon Lime Mandarin Orange Passion fruit Pineapple Plantain Raspberries Rhubarb Star anise Strawberries Tangelo</p>
 <p>GRAINS</p>	<p>Oats - made with gluten Pasta - made with wheat or semolina flour Rye Spelt Wheat</p>	<p>Rice milk Rice flour Rice cakes</p>	<p>Arrowroot corn Oats - gluten free Pasta - made with rice, corn or quinoa Millet Polenta Psyllium Quinoa Rice, all types Rice bran Sorghum Tapioca</p>
 <p>LEGUMES</p>	<p>All beans including but not restricted to: Baked beans Black beans Chickpeas Kidney beans Lentils Soybeans including things made with soy - edamame, tofu, soymilk, soybean oil, etc</p>	<p>Peanuts Peanut butter</p>	



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 <p>DAIRY</p>	<p>Buttermilk Cottage cheese Cow milk - raw and pasteurized Cream Cream cheese Custard Evaporated milk Frozen yogurt Goat milk - raw or pasteurized Ice cream Kefir - if fermented less than 24 hours Ricotta cheese Sheep milk Sour cream Sweetened, condensed milk Yogurt - if fermented for less than 24 hours</p>	<p>Kefir - fermented for 24 hours Yogurt - fermented for 24 hours</p>	<p>Brie cheese Butter Camembert Cheddar Colby Feta Ghee Mozzarella Parmesan Swiss</p>
 <p>NUTS/SEEDS</p>	<p>Almonds and almond butter Cashews and cashew butter Pistachios</p>	<p>Chia seeds Coconut Water Coconut - shredded or desiccated Coconut flour Flaxseeds Hazelnuts and nut butters made with hazelnuts Macadamia nuts Pecans Pine nuts Pumpkin seeds Sesame seeds</p>	<p>Coconut milk - in a can with no additives</p>
 <p>FATS/OILS</p>	<p>Canola Oil Cottonseed oil Mayonnaise - made with high fodmap oils Safflower oil Soybean oil</p>	<p>Grapeseed oil Peanut Oil Sunflower oil</p>	<p>Avocado oil Coconut oil Cod liver oil Lard Olive oils Macadamia oil Mayonnaise - made with avocado or olive oil</p>



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FOOD CATEGORY	AVOID	RESTRICT	EAT*
SWEETENERS	Aspartame - not high FODMAPs but terrible in all other ways Fructose High Fructose Corn syrup Honey Isomalt Maltitol Mannitol Molasses Sorbitol Splenda - not high FODMAPs but terrible in all other ways xylitol	Coconut sugar Glucose Maple Syrup Sucrose Sugar Treacle Truvia	Dark chocolate - 100% cocoa Pure stevia - avoid blends
PROTEINS	Beans Soy		Bacon - made without sugar Muscle meats - from all animals Organ meats - from all animals Fish, seafood and shellfish Eggs
BEVERAGES	Beer Chamomile tea Chicory coffee/tea Ciders Cocoa Powder Fennel tea Instant coffee Inulin Rum Sticky Wine - ports, ice wine, late harvest Tequila	Chai tea - made weak Dandelion tea - made weak	Black tea Bone broth Coffee - not instant Espresso Gin Green tea Peppermint tea Rooibos tea Scotch Vodka Water – still or sparkling Whiskey Wine - Red, white, sweet or sparkling
SPICES/ HERBS	Ketchup Soy sauce Most prepared salad dressings - unless made with olive oil or avocado oil	Coconut aminos Garlic and onion infused powders and oils	Ginger Pepper Salt Vinegar



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