



2024  
**Foodmap  
List**

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# What are FODMAPs?

FODMAPs are a large group of dietary sugars found in many common foods such as specific dairy products, wheat and other grains, and fruits and vegetables. While FODMAPs are poorly absorbed in all people, those with specific gut disorders such as IBS are thought to experience the uncomfortable symptoms due to the gut being unusually sensitive.

A Low FODMAP Diet is usually recommended for 6-8 weeks at a time. The low FODMAP diet is not a long term diet and if you feel good on a low FODMAP diet that may indicate that you have **Small Intestinal Bacterial Overgrowth (SIBO)** and I would recommend you get tested for SIBO using a breath test. Aside from SIBO test, another test option is fructose malabsorption.

# ELIMINATING FODMAPs

Here's the complete FODMAP list I've found works best for most people, for people with gluten, grain, dairy and other intolerances such as salicylates and amines they still have to take these into consideration

## FRUITS TO AVOID

### Excess Fructose Fruit:

Apple  
Mango  
Nashi Fruit  
Pear  
Persimmon  
Rambutan  
Watermelon

### Excess Fructan Fruit:

Persimmon  
Rambutan  
Watermelon

### Excess Polyol Fruit:

Apple  
Apricot  
Avocado  
Blackberries  
Cherries  
Longon  
Lychee  
Nashi Fruit  
Nectarine  
Peach  
Pear  
Plum  
Prune  
Watermelon

## SUITABLE FRUITS

Banana  
Blueberries  
Boysenberry  
Cantaloupe  
Star Fruit  
Cranberry  
Durian Grapes  
Grapefruit  
Honeydew melon  
Kiwi  
Lemon  
Lime  
Mandarin  
Orange  
Passion Fruit  
Paw Paw  
Pineapple  
Raspberry  
Rhubarb  
Strawberry  
Tangelo

**Suitable dried fruits** (some people are ok with dried fruits, others are not):

Banana Chips  
Cranberries (often are coated in sugar – only eat if not sweetened)  
Currants  
Paw Paw  
Pineapple (often are coated in sugar – only eat if not sweetened)  
Sultanas  
Raisins (may not be suitable for everyone)

## Special notes on fruit:

Limit intake of suitable fruits to one serve per meal.

e.g. One whole banana or orange.

Third to half a glass of suitable juice.

Small handful of berries or grapes.

Small amount of suitable dried fruit (e.g. 10 sultanas).

### VEGETABLES TO AVOID

#### Excess Fructose Vegetables:

Sugar snap peas

#### Excess Fructan Vegetables:

Artichokes (Globe & Jerusalem)

Asparagus

Beet

Brussel

Sprouts

Cabbage

Chicory

Dandelion leaves

Fennel

Garlic

Leek

Legumes

Okra

Onion (brown, white, & Spanish)

Peas

Radicchio lettuce

Shallot

Spring onion (white section)

#### Excess Polyol Vegetables:

Avocado

Cauliflower

Mushrooms

Snow peas

### SUITABLE VEGETABLES

Alfalfa

Bamboo shoots

Bean shoots

Beans (green)

Bok choy

Broccoli (may not be suitable for everyone)

Capsicum

Carrot

Celery

Chives

Choy sum

Corn (raw corn may bother some people)

Cucumber

Endive

Eggplant (this may be troublesome for some;  
assess individual tolerance)

Ginger

Lettuce (may be ok or not)

Marrow

Olives

Parsnip

Parsley

Potato

Pumpkin

Silverbeet

Spring onion (green section)

Spinach

Squash (this may be troublesome for some;  
assess individual tolerance)

Swede

Sweet potato

Taro

Tomato (cherry tomatoes often are moldy – try to avoid)

Turnip

Yam

Zucchini (this may be troublesome for some;  
assess individual tolerance)

## Special notes on vegetables:

Onion is one of the greatest contributors to IBS. Strict avoidance is recommended.

- Onion (brown, white & Spanish), Onion powder, White section of spring onion.
- Leeks, Shallots, Garlic.

There is undeclared onion hidden in many processed foods including, chicken salt, vegetable salt, vegetable powder, dehydrated vegetables, stocks, gravies, soups, marinades, & sauces. Alternatives:

- Chives, Green part of spring onion, Fresh & dried ginger, coriander, basil, lemongrass, chili, mint, parsley, marjoram, oregano, thyme, rosemary & others.

### PROBLEM WHEAT & Rye

Bread (white, wholemeal, multigrain, sourdough, pita, & many rye)  
Pasta & noodles (regular, two minute, spelt, egg noodles, hokkien & udon)  
Breakfast cereals (containing wheat, excess dried fruit & /or fruit juice)  
Savoury biscuits (wheat based)  
Cakes & baked goods (wheat based)  
Sweet biscuits (wheat based)  
Pastry & breadcrumbs (wheat flour made)  
Others (semolina, couscous, bulger)

### ALTERNATIVES to WHEAT Grains

Rice  
Potato  
Amaranth  
Tapioca  
Quinoa  
Millet  
Sorgum  
Buckwheat  
Arrowroot  
Sago;

### ALTERNATIVES to WHEAT Products:

Gluten free bread, this is not a health food but ok occasionally.  
Gluten free pasta, rice noodles, wheat free buckwheat noodles.  
Porridge, wheat free muesli, rice bubbles, corn flakes, & gluten free cereals. Corn thins, rice cakes & crackers, gluten free crackers.  
Gluten free pastry mixes, & bread crumbs, polenta, cornflake crumbs.  
Buckwheat.  
Gluten free products are not health foods and can also upset your digestion, if symptoms persist I recommend eliminating 100% as a trial.

## Special notes on Grains:

- Small amounts of wheat, such as breadcrumbs, may be tolerable (assess individually).
- Those with diagnosed Coeliac disease should eliminate gluten from their diet.
- Gluten free foods do not contain wheat, but it is recommended that you limit or avoid gluten free processed foods.
- Trace amounts of wheat ingredients such as soy sauce should not be a problem.
- Many wheat derived products such as wheat starch, wheat thickeners, wheat maltodextrin, wheat dextrin, wheat dextrose, wheat glucose, & wheat color caramel are fructan free glucose chains & should be safe to eat.

# OTHER FODMAP FOODS

(Containing, FRUCTOSE &/ or Fructans) To Avoid

## AVOID

Honey  
Corn syrups  
Corn syrup solids  
Fruisana  
Chickory  
Dandelion tea  
Inulin  
Artificial sweeteners (see GOS)  
Sugar free or low carb sweets, mints, gums, & dairy desserts.  
Baked beans, lentils, & chick peas

## ALTERNATIVES

Golden syrup  
Treacle  
Molasses  
Maple syrup  
White, brown, raw & castor sugar (sucrose) eaten in moderation.  
Tea, coffee, & herbal teas  
Nuts & seeds (moderation)  
Oat bran  
Barley bran  
Psyllium  
Rice bran

## Special comments:

- Limit alcohol intake.
- Avoid alcohol which is high in indigestible carbohydrate, such as beer.
- Clear spirits such as Vodka & Gin with water/soda flavored with fresh suitable fruit in moderation is preferable.
- Drink plenty of water.
- Eat in moderation, chew your food well.
- Limit processed foods (hidden FODMAPs & irritants), Limit or avoid processed meats (hidden FODMAPs & irritants).
- Fresh fruit, vegetables, & whole meats/fish are best.

# Take the Next Step

## Toward Better Health

Thank you for reading the 2024 Foodmap List. If you're ready to take control of your digestive health and find relief from your symptoms, here's how you can get started:

### Do an Advanced Stool Test to Identify the Cause

Testing is the first step in identifying the root cause of your digestive issues.

Here are the Advanced Stool Tests I recommend:

- [GI-MAP test](#)
- [Vibrant Wellness Gut Zoomer](#)

[Check Other Tests That You Might Need Here!](#)

### Schedule a Consultation

Book a [one-on-one consultation](#) to review your test results and receive a personalized treatment plan tailored to your needs. If you have not had testing and want to know where to start, you can also schedule a time and I can help guide you on the best treatment or test options.

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