

Low Fructans/GOS

Fruits & Vegetables: Firm Banana, Bok choy, Capsicum, Carrot, Wombok, Cucumber, Eggplant, Green beans, Kale, Leek (green part), Lettuce, Okra, Olives, Parsnip, Potato, Pumpkin (Jap), Radish, Rocket, Silverbeet, Spinach, Spring onion (green part), Sweet potato, Tomato, Zucchini

Breads, Cereals, Flours & Grains:

Amaranth (rolled), Buckwheat, Cassava, Corn flakes, Corn thins, FODMAP Friendly certified breads, GF bread & pasta (corn/rice/quinoa), Konjac Noodles, Oats, Quinoa, Rice, Rice cakes, Rice bubbles/puffs, Spelt Sourdough, Tapioca, True Sourdough

Nuts, Seeds & Legumes: Almonds, Brazil nuts, Chickpeas*, Linseeds, Lentils*, Macadamia, Peanuts, Pecans, Pepitas, Pine nuts, Poppy seeds, Sesame seeds, Sunflower seeds, Firm Tofu, Walnuts

Beverages, Seasonings & Condiments:

Tea (Black, Chamomile, Green, Peppermint, Rooibos) Butter, Cinnamon, Cocoa, Fresh herbs (excluding garlic & onion), Hazelnut spread, Mirin, Miso paste, Mustard, Olive oil, Paprika, Peanut butter, Turmeric, Vegemite, Vinegar

Low Lactose

Milk/Alternative: Almond milk, Hemp milk, Lactose Free Milk, Rice Milk, Soy Milk (from soy protein)

Cheese: Camembert, Cheddar, Colby, Feta, Lactose Free Cottage/Cream Cheeses, Mozzarella, Swiss, Tasty Cheese

Others: Coconut Yoghurt, Lactose Free Yoghurt or sorbet (with low FODMAP fruit), Lactose Free Ice Cream

Low Excess Fructose

Fruits: Blueberries, Blackberries, Clementine/Mandarin, Dragon fruit/Pitaya, Grapefruit, Honeydew melon, Kiwifruit, Lemon/lime, Orange, Papaya, Passionfruit, Pineapple, Rhubarb, Strawberries

Sweeteners: Maple Syrup, Rice Malt Syrup, Sugar (all varieties except coconut), Stevia

Beverages: Beer, Cranberry juice, Coffee, Drinking chocolate, Red & White wine

Low Polyols

Fruits: Avocado, Coconut

Vegetables: Oyster Mushrooms

Sweeteners: Erythritol

FREE

