

# colon care

## FOODS SUITABLE ON A LOW-FODMAP DIET

### FRUIT

banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, manarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo

Note: If fruit is dried, eat in small quantities.

### VEGETABLES

alfalfa, bamboo shoots, beanshoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini

**HERBS**  
basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme

### GRAIN FOODS

**CEREALS**  
gluten-free bread or cereal products

**BREAD**  
100% spelt bread

**RICE**

**OATS**

**POLENTA**

**OTHER**  
arrowroot, millet, psyllium, quinoa, sorgum, tapioca

### MILK PRODUCTS

**MILK\***  
lactose-free milk, oat milk, rice milk, soy milk

\* check for additives

**CHEESES**  
hard cheeses, brie, camembert

**YOGHURT**  
lactose-free varieties

**ICE CREAM**  
**SUBSTITUTES**  
gelati, sorbet

**BUTTER**  
**SUBSTITUTES**  
Olive oil

### OTHERS

**TOFU**  
**SWEETENERS**  
sugar\* (sucrose), glucose, artificial sweeteners not ending in '-ol'

**HONEY SUBSTITUTES**  
golden syrup\*, maple syrup\*, molasses, treacle

\*small quantities

## ELIMINATE FOODS CONTAINING FODMAPS

### EXCESS FRUCTOSE

**FRUIT**  
apple, mango, nashi, pear, tinned fruit in natural juice, watermelon

**SWEETENERS**  
fructose, high fructose corn syrup

**LARGE TOTAL FRUCTOSE DOSE**  
concentrated fruit sources, largeserves of fruit, dried fruit, fruit juice

**HONEY**  
corn syrup, fruisana

### LACTOSE

**MILK**  
milk from cows, goats or sheep, custard, ice cream, yoghurt

**CHEESES**  
soft unripened cheeses e.g. cottage cream, mascapone, ricotta

### FRUCTANS

**VEGETABLES**  
artichoke, asparagus, beetroot, broccoli, brussel sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion

**CEREALS**  
wheat and rye, in large amounts e.g. bread, crackers, cookies, couscous, pasta

**FRUIT**  
custard apple, persimmon, water melon

**MISCELLANEOUS**  
chicory, dandelion, inulin, pistachio

### GALACTANS

**LEGUMES**  
baked beans, chickpeas, kidney beans, lentils, soy beans

### POLYOLS

**FRUIT**  
apple, apricot, avacado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, water melon

**VEGETABLES**  
cauliflower, green capsicum (bell pepper), mushrooms, sweetcorn

**SWEETENERS**  
sorbitol (420)  
mannitol (421)  
isomalt (953)  
maltitol (965)  
xylitol (967)