



FIJI SKIN CLINIC

FOODS SUITABLE ON A LOW-FODMAP DIET

FRUIT	VEGETABLES	GRAIN FOODS	MILK PRODUCTS	OTHER
banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, manarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo	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	<p>CEREALS gluten-free bread or cereal products</p> <p>BREAD 100% spelt bread</p> <p>RICE</p> <p>OATS</p> <p>POLENTA</p> <p>OTHER arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p>	<p>MILK* lactose-free milk, oat milk, rice milk, soy milk</p> <p>* check for additives</p> <p>CHEESES hard cheeses, brie, camembert</p> <p>YOGHURT lactose-free varieties</p> <p>ICE CREAM</p> <p>SUBSTITUTES gelati, sorbet</p> <p>BUTTER</p> <p>SUBSTITUTES olive oil</p>	<p>TOFU</p> <p>SWEETENERS sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>HONEY SUBSTITUTES golden syrup*, maple syrup*, molasses, treacle</p> <p>*small quantities</p>
Note: If fruit is dried, eat in small quantities.	<p>HERBS basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>			

ELIMINATE FOODS CONTAINING FODMAPS

EXCESS FRUCTOSE	LACTOSE	FRUCTANS	GALACTANS	POLYOLS
<p>FRUIT apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>SWEETENERS fructose, high fructose corn syrup</p> <p>LARGE TOTAL FRUCTOSE DOSE concentrated fruit sources, largeserves of fruit, dried fruit, fruit juice</p> <p>HONEY corn syrup, fruisana</p>	<p>MILK milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p>CHEESES soft unripened cheeses e.g. cottage cream, mascapone, ricotta</p>	<p>VEGETABLES artichoke, asparagus, beetroot, broccoli, brussel sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p>CEREALS wheat and rye, in large amounts e.g. bread, crackers, cookies, couscous, pasta</p> <p>FRUIT custard apple, persimmon, watermelon</p> <p>MISCELLANEOUS chicory, dandelion, inulin, pistachio</p>	<p>LEGUMES baked beans, chickpeas, kidney beans, lentils, soy beans</p>	<p>FRUIT apple, apricot, avacado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>VEGETABLES cauliflower, green capsicum (bell pepper), mushrooms, sweetcorn</p> <p>SWEETENERS sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967)</p>