



www.EatRightBucks.com

HIGH-FODMAP FOODS TO ELIMINATE

Fruits	apple, mango, nashi, pear, tinned fruit in natural juice, watermelon, custard apple, persimmon, apricot, avocado, blackberry, cherry, longon, lychee, nectarine, peach, pear, plum, prune, , large servings of fruit, dried fruit, fruit juice
Vegetables	artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, onion, shallots, spring onion, cauliflower, mushroom, sweet corn
Grains	wheat and rye, bread, crackers, cookies, couscous, and pasta in large amounts
Milk Products	milk from cows, goats, or sheep, custard, ice cream, yogurt, cottage cheese, cream cheese, mascarpone, ricotta
Sweeteners	fructose, high fructose corn syrup, concentrated fruit sources, fruisana, sorbitol, mannitol, isomalt, maltitol, xylitol
Legumes	baked beans, chickpeas, kidney beans, lentils, soybeans
Other	carrageenan, chicory, dandelion, inulin, pistacio

Make sure to work with a Registered Dietitian while implementing this diet!
Call Kristie Finnan, RDN, LDN
for an appointment at 215-230-1900

(Most major insurances receive 6 free visits per year)