



Centre for Digestive Care

(Healthy Gut for Healthy Mind)

Locations: (1) 1102 P, Sector 46, Gurugram 122002

(2) Basement of RG ENT Clinic, New railway road, Gurugram 122001

Website: www.centrefordigestivecare.com Phone: 9958970845, 9650307730

Source of High FODMAPs and alternatives with Low FODMAP Diet

Carbohydrate	Food	High FODMAP Diet	Low FODMAP Diet
Fructose	Fruits	Honey, apples, pears, watermelon, mango, peaches, tinned fruit in natural juice, dried fruit, fruit juices.	Banana, Orange, lemon, lime, grapes, berries like strawberry, raspberry, blueberry, honeydew melon (<i>kharbooja</i>), grapefruit (<i>chakotra</i>), star fruit (<i>kamrakh</i>)
	Sweeteners	Honey High fructose corn syrup (HFCS)	Maple syrup, any sweetener except polyols, sugarcane jaggery, sucrose (table sugar)
Lactose	Milk and Milk Products	<u>Varieties of cow, goat buffalo and sheep milk</u> : yogurt (low fat or full fat), curd buttermilk, soft and fresh cheese (e.g. ricotta & cottage) condensed milk, evaporated milk, regular and low fat ice cream, custard	Lactose free milk and yogurt, rice milk, almond milk, coconut milk, butter, Ice cream substitutes like gelatin and sorbet.
Oligosaccharides (fructans and galactans)	Vegetables	Asparagus, beetroot, broccoli, Brussels, sprout, cabbage, fennel, onions, garlic, lady finger peas	Carrot, celery capsicum, lettuce, tomato, corn brinjal, green beans, pumpkin, spring onion (green part only), garlic oil
	Cereals	Wheat, barley and rye when eaten in large amounts like bread, pasta, noodles etc	Gluten free cereals like millets rice brown rice maize, oats amaranth quinoa, ragi, buckwheat, sago (<i>sabudana</i>) etc and their products like corn flaks, rice flakes, puffed rice, puffed amaranth popcorns, etc
	Legumes	Chickpeas, lentils, red kidney beans (<i>rajma</i>)	Not Known
	Nuts	Cashew nuts, pistachios	Almonds walnuts, raisin
Polyols	Fruits	Apples, apricots, cherries, litchi, peaches, pears, plums, prunes, watermelon	Banana, Blueberry, Grapes, Honeydew melon (<i>Kharbhooja</i>), grapefruit (<i>Chakotra</i>), Lemon, Lime, Kiwi, Orange, raspberry
	Vegetables	Avocado, Cauliflower, Mushrooms	Carrot, capsicum, Lettuce, Tomato
	Sweeteners	Mints/ gums, sweeteners ending with "ol" like sorbitol, mannitol, xylitol.	Table Sugar (Sucrose), Sugarcane, Jaggery, Glucose, other artificial sweeteners not ending with "ol"

FODMAP: fermentable, oligosaccharides, disaccharides, monosaccharides and polyols