

HIGH FODMAP FOODS

FODMAPs explained



OLIGOSACCHARIDES (Fructans and Galacto- oligosaccharide(GOS))

- **FRUITS SUCH AS:**
 - RASPBERRIES
 - GRAPEFRUIT
 - DATES
 - CURRANTS
 - RIPE BANANA
- **VEGETABLES SUCH AS:**
 - GLOBE ARTICHOKE
 - LEEK
 - ONION
 - GARLIC
 - BRUSSEL SPROUTS
- **LEGUMES SUCH AS:**
 - BORLOTTI BEANS
 - ADZUKI BEANS
 - BLACK BEANS
 - KIDNEY BEANS
 - LIMA BEANS
 - NAVY BEANS
 - SOYBEANS
- **BREADS AND CEREALS SUCH AS:**
 - BARLEY
 - SPELT FLOUR AND KERNELS
 - WHITE BREAD
 - WHEAT GERM
 - WHEAT PASTA
- **NUTS SUCH AS:**
 - ALMONDS
 - CASHEWS
 - PISTACHIOS

DISACCHARIDE (Lactose)

- **MILK PRODUCTS SUCH AS:**
 - COW MILK
 - GOATS MILK
 - SHEEP MILK
 - ICE CREAM
 - YOGURT
 - SOUR CREAM
- **CHEESES SUCH AS:**
 - CREAM CHEESE
 - BRIE CHEESE
 - CAMEMBERT ETC.

MONOSACCHARIDE (Fructose)

- **EXCESS FRUCTOSE FRUITS:**
 - APPLES (ALSO CONTAINS POLYOLS)
 - PEARS (ALSO CONTAINS POLYOLS)
 - CHERRIES (ALSO CONTAINS POLYOLS)
 - MANGO
- **EXCESS FRUCTOSE VEGETABLES:**
 - ASPARAGUS (ALSO CONTAINS FRUCTANS)
 - JERUSALEM ARTICHOKE (ALSO CONTAINS FRUCTANS)
 - BROCCOLI (STALKS)
 - BROCCOLINI (HEADS)
 - SUGAR SNAP PEAS
- **EXCESS FRUCTOSE SWEETENERS:**
 - AGAVE SYRUP LIGHT
 - AGAVE SYRUP DARK (ALSO CONTAINS FRUCTANS)
 - HIGH FRUCTOSE CORN SYRUP
 - HONEY

POLYOLS (Mannitol, Sorbitol, Xylitol, Isomalt)

- **EXCESS POLYOLS FRUITS:**
 - APPLE (ALSO CONTAINS EXCESS FRUCTOSE)
 - PEAR (ALSO CONTAINS EXCESS FRUCTOSE)
 - CHERRIES (ALSO CONTAINS EXCESS FRUCTOSE)
 - APRICOT
 - AVOCADO
 - BLACKBERRIES
 - LYCHEE
 - NECTARINE (ALSO CONTAINS EXCESS FRUCTANS)
 - PLUM (ALSO CONTAINS EXCESS FRUCTANS)
 - PRUNE (ALSO CONTAINS EXCESS FRUCTANS)
- **EXCESS POLYOLS VEGETABLES:**
 - CAULIFLOWER
 - CORN (SWEET)
 - CELERY
 - SWEET POTATOES
 - SAUERKRAUT (WHITE)
 - MUSHROOMS
- **SUGAR-FREE PRODUCTS (CANDY, CHEWING GUM ETC.)**

Fodmap Diet Food Shopping Guide

JS Bruner



Fodmap Diet Food Shopping Guide:

The Top Books of the Year Fodmap Diet Food Shopping Guide The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Fodmap Diet Food Shopping Guide : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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