HIGH FODMAP FOODS FODMAPs explained





(Fructans and Galactooligosaccharide(GOS))

FRUITS SUCH AS:

- RASPBERRIES CRAPERBUIT
- DATES
- CURRANTS
- RIPE BANANA

VEGETABLES SUCH ASI

- **CLOBE 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 BRIEAD
- WHEAT GERM
- WHEAT PASTA

NUTS SUCH AS:

- ALMONDS
- CASHEWS
- PISTACHIOS

(Lactose)

MILK PRODUCTS SUCH AS:

- COW MILK
- COATS MILK
- SHEEP MILK
- ICE CREAM
- YOGURT
- SOUR CREAM

CHEESES SUCH AS:

- CREAM CHEESE
- BRIE CHEESE
- CAMEMBERT ETC.

(Fructose)

EXCESS FRUCTOSE FRUITS:

- APPLES (ALSO CONTAIN POLYOLS)
- PEARS (ALSO
- CONTAIN POLYOLS) CHERRIES (ALSO
- CONTAIN 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:

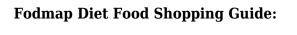
- APPLE (ALSO CONTAINS EXCESS FRUCTOSE
- PEAR (ALSO CONTAINS EXCESS FRUCTOSEL
- CHERRIES (ALSO CONTAIN EXCESS
- FRUCTOSE APRICOT
- AVOCADO
- BLACKBERRIES
- LYCHEE
- **NECTARINE (ALSO** CONTAIN EXCESS FRUCTANS)
- PLUM (ALSO CONTAIN EXCESS FRUCTANS)
- PRUNE (ALSO CONTAIN EXCESS FRUCTANS)

EXCESS POLYOLS VEGETABLES:

- CAULIFLOWER CORN (SWEET)
- CELERY
- SWEET POTATOES
- SAUERKRAUT (WITHITTE)
- MUSHROOMS
- SUGAR-FREE PRODUCTS (CANDY, CHEWING GUM ETC.)

Fodmap Diet Food Shopping Guide

JS Bruner



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 Hoovers "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 guiet 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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