

# Food to avoid

## Partial list of foods to avoid

High in FODMAP even in small servings

### Sweeteners

Agave syrup

Honey

Molasses

### Fruits

Apples

Apricots

Avocados

Blackberries

Cherries

Dates

Dried fruits

Figs

Mango

Nectarines

Peaches

Pears

Persimmons

Plums

Prunes

Tamarillos

Watermelon

### Meat, fish, eggs

Dishes prepared with high-FODMAP

Ingredients : broths/stocks, sausages, sauces

### Dairy products and alternatives

Evaporated milk

Ice cream

Milk (cow's, sheep's, goat's)

Soft cheeses: mascarpone, quark, ricotta, flavored cream cheese, cottage cheese

Soy products : drinks, yogurt

Sweetened condensed milk

Kefir

### Legumes

Beans (all)

Dried chickpeas

Dried lentils

Fava beans

Flageolet beans

Soybeans and silken tofu

Split peas

### Grain products

All wheat, spelt, barley, rye, and kamut-based products: grains, breakfast cereals, breads, pasta, crackers, couscous, flours, cookies.

With the exception of white wheat bread (24 g allowed), 100% sourdough wheat or spelt bread (52 g allowed)

### Vegetables

Artichoke

Asparagus

Beets

Cauliflower

Garlic

Jerusalem artichokes

Leeks

Mushrooms

Onions (all types)

Snow peas

### Beverages

Alcoholic beverages «cooler» style

Chicory-based coffee substitutes

Cider

Fruit juices

Rum

Teas : chaï, strong black, oolong

Herbal teas: chamomile, fennel, dandelion

Vermouth, black currant liqueur, pernod, port wine, sauternes, muscat wine, marsala wine

### Nuts and seeds

Cashews

Pistachios