

Low FODMAP food list

349 foods with their FODMAP groups and how quickly a reaction usually shows up. 174 low, 86 moderate, 89 high.

L · low usually fine in a normal portion **M · moderate** depends on portion size **H · high** commonly a problem during elimination

Onset is the column most lists leave out, and it is the one that makes a diary work. A reaction 4 hours after lunch is easy to blame on dinner. GOS and fructans in particular are often delayed by 2 to 6 hours or more, so log the time you ate as well as what you ate.

Load is not a verdict. FODMAP content is dose dependent: a moderate food is fine in a small serve for most people. For exact tested portions, use the Monash University FODMAP app, which is the primary laboratory source and is a one-off purchase.

Vegetables

Artichoke	H	Fructans	0-2h
Artichoke hearts (canned or marinated)	H	Fructans	2-6h+
Asparagus	H	Fructans, Fructose	0-2h
Cauliflower	H	Mannitol	0-2h
Garlic	H	Fructans	0-2h
Jerusalem artichoke	H	Fructans	2-6h+
Leek	H	Fructans	0-2h
Mushroom (button)	H	Mannitol	0-2h
Onion	H	Fructans	0-2h
Salsify	H	Fructans	2-6h+
Shallot	H	Fructans	0-2h
Spring onion (white part)	H	Fructans	0-2h
Beetroot	M	Fructans, GOS	0-2h
Broccoli	M	Fructans	0-2h
Brussels sprouts	M	Fructans	0-2h
Butternut squash	M	Mannitol	0-2h
Cabbage	M	Sorbitol	0-2h
Cassava (yuca)	M		2-6h+
Celeriac (celery root)	M	Mannitol	2-6h+
Celery	M	Mannitol	0-2h
Chicory leaves	M	Fructans	2-6h+
Fennel bulb (large serving)	M	Fructans	0-2h
Green peas	M	GOS, Fructans	0-2h
Jicama	M	Fructans	2-6h+
Okra	M	Fructans, GOS	0-2h
Pumpkin (canned / large serving)	M	Mannitol, Fructose	2-6h+
Radicchio	M	Fructans	0-2h
Sauerkraut / kimchi	M	Fructans	0-2h
Savoy cabbage / kale (large serving)	M	Sorbitol	0-2h
Snow peas / sugar snap peas	M	Mannitol, Fructans	0-2h
Sweet corn	M	Sorbitol, Fructans	0-2h
Taro	M	Sorbitol	0-2h
Tomato (concentrated) & tomato sauce	M	Fructose	0-2h
Bamboo shoots	L		2-6h+
Bean sprouts	L		0-2h

Bell pepper (red/green)	L	0-2h
Bok choy	L	0-2h
Carrot	L	0-2h
Chives	L	0-2h
Collard greens	L	2-6h+
Cucumber	L	0-2h
Daikon	L Fructans	2-6h+
Eggplant	L	0-2h
Green beans	L	0-2h
Horseradish	L Fructans	0-2h
Kohlrabi	L Fructans	2-6h+
Lettuce / leafy salad greens	L	0-2h
Olives	L	0-2h
Parsnip	L	2-6h+
Plantain (green/unripe)	L	2-6h+
Potato	L	0-2h
Radish	L	2-6h+
Roasted red peppers (jarred)	L	2-6h+
Seaweed	L	2-6h+
Spaghetti squash	L	2-6h+
Spinach (baby)	L	0-2h
Spring onion (green tops)	L	0-2h
Swede	L	2-6h+
Sweet potato (small serving)	L	0-2h
Swiss chard	L	2-6h+
Tomato (fresh, normal serving)	L	0-2h
Turnip	L	2-6h+
Water chestnut	L	2-6h+
Watercress	L	2-6h+
Yam	L	2-6h+
Zucchini	L	0-2h

Fruit

Apple	H Fructose, Sorbitol	0-2h
Apricot	H Sorbitol	0-2h
Blackberries	H Sorbitol	0-2h
Cherries	H Fructose, Sorbitol	0-2h
Custard apple	H Fructose, Sorbitol	2-6h+
Dried fruit (raisins, dates, figs)	H Fructose, Fructans	0-2h
Figs (fresh)	H Fructose, Fructans	0-2h
Mango	H Fructose	0-2h
Nectarine	H Sorbitol, Fructans	0-2h
Peach	H Sorbitol, Fructans	0-2h
Pear	H Fructose, Sorbitol	0-2h
Persimmon	H Fructans, Sorbitol	0-2h
Plum	H Sorbitol	0-2h
Prune	H Sorbitol, Fructans	2-6h+
Watermelon	H Fructose, Fructans, Mannitol	0-2h
Avocado	M Sorbitol	0-2h
Banana (ripe)	M Fructans	2-6h+
Coconut cream / flesh (large serving)	M Sorbitol	0-2h

Goji berries (dried)	M	Fructans	0-2h
Grapefruit (large serving)	M	Fructans	0-2h
Honeydew melon	M	Fructose	2-6h+
Jackfruit (young/green)	M	Fructans	2-6h+
Lychee	M	Fructose, Sorbitol	0-2h
Plantain (ripe)	M	Fructose	2-6h+
Pomegranate (large serving)	M	Fructose	0-2h
Tamarind	M	Fructose	2-6h+
Banana (firm/unripe)	L		0-2h
Blackcurrant	L	Fructose	2-6h+
Blueberries	L		0-2h
Cantaloupe	L	Fructose, Sorbitol	2-6h+
Citrus (histamine liberator)	L		0-2h
Cranberries (dried)	L	Fructose	2-6h+
Dragon fruit	L		2-6h+
Grapes	L		0-2h
Guava (ripe)	L	Fructose	2-6h+
Kiwi	L		2-6h+
Kiwifruit	L		0-2h
Kiwifruit (green, 2 per day)	L		2-6h+
Lemon	L		now
Lime	L		now
Orange	L		0-2h
Papaya	L		0-2h
Passionfruit	L		2-6h+
Pineapple	L		0-2h
Raspberries	L	Fructans	2-6h+
Rhubarb	L		2-6h+
Strawberries	L		0-2h

Grains and starches

Bagel	H	Fructans	2-6h+
Barley	H	Fructans, GOS	0-2h
Breakfast cereal (wheat-based)	H	Fructans	0-2h
Couscous	H	Fructans	0-2h
Crumpet	H	Fructans	0-2h
Freekeh	H	Fructans	2-6h+
Khorasan wheat	H	Fructans	2-6h+
Muesli / granola (wheat + dried fruit)	H	Fructans, Fructose	0-2h
Pita bread	H	Fructans	2-6h+
Pretzels	H	Fructans	2-6h+
Rye	H	Fructans	0-2h
Semolina	H	Fructans	0-2h
Wheat bran	H	Fructans	2-6h+
Wheat bread	H	Fructans	0-2h
Almond flour	M	GOS, Fructans	2-6h+
Bulgur wheat	M	Fructans	0-2h
Coconut flour	M	Fructans, Sorbitol	2-6h+
Oat bran	M	Fructans, GOS	2-6h+
Spelt (non-sourdough)	M	Fructans	2-6h+
Wheat pasta	M	Fructans	0-2h

Amaranth	L Fructans, GOS	2-6h+
Brown rice	L	2-6h+
Buckwheat	L	0-2h
Corn tortilla	L	0-2h
Cornflour	L	2-6h+
Gluten-free bread/pasta	L	0-2h
Millet / polenta	L	0-2h
Oat porridge (small serving)	L Fructans, GOS	2-6h+
Oats	L	0-2h
Popcorn	L	2-6h+
Quinoa	L	0-2h
Rice cakes / corn thins	L	0-2h
Rice noodles	L	0-2h
Sorghum	L	2-6h+
Sourdough bread (traditional, slow-fermented)	L	0-2h
Tapioca	L	2-6h+
Teff	L	2-6h+
White rice	L	0-2h
Wild rice	L	2-6h+

Legumes, nuts and seeds

Baked beans	H GOS, Fructans	2-6h+
Black beans	H GOS	2-6h+
Broad beans (fava)	H GOS, Fructans	0-2h
Butter beans	H GOS	2-6h+
Falafel	H GOS, Fructans	0-2h
Kidney beans	H GOS, Fructans	2-6h+
Lupini beans (lupin)	H GOS	2-6h+
Refried beans	H GOS, Fructans	0-2h
Silken tofu	H GOS, Fructans	2-6h+
Soybeans	H GOS, Fructans	2-6h+
Adzuki beans	M GOS	2-6h+
Black-eyed peas	M GOS	2-6h+
Cannellini beans	M GOS	2-6h+
Chickpeas	M GOS	2-6h+
Hummus	M GOS, Fructans	0-2h
Lentils	M GOS	2-6h+
Mung beans	M GOS	2-6h+
Pinto beans	M GOS, Fructans	2-6h+
Split peas	M GOS	0-2h
Canned chickpeas	L GOS	2-6h+
Canned lentils	L GOS	2-6h+
Edamame	L	0-2h
Soy protein isolate	L	2-6h+

Dairy

A2 milk	H Lactose	0-2h
Condensed / evaporated milk	H Lactose	0-2h
Frozen yogurt	H Lactose, Fructose	0-2h
Goat milk	H Lactose	0-2h
Ice cream	H Lactose	0-2h

Milk (cow)	H Lactose	0-2h
Milk powder	H Lactose	0-2h
Buttermilk	M Lactose	0-2h
Custard	M Lactose	0-2h
Greek yogurt	M Lactose	0-2h
Kefir	M Lactose	0-2h
Processed cheese	M Lactose	0-2h
Soft cheese (ricotta, cottage, cream cheese)	M Lactose	0-2h
Yogurt (regular)	M Lactose	0-2h
Butter	L	0-2h
Cream (cooking / sour / double)	L	0-2h
Feta cheese	L	0-2h
Ghee	L	0-2h
Halloumi / mozzarella	L	0-2h
Hard / aged cheese (cheddar, parmesan, brie)	L	0-2h
Lactose-free milk	L	0-2h
Lactose-free yogurt	L	0-2h
Live-culture yogurt (lactose-free)	L	2-6h+
Mascarpone	L Lactose	0-2h
Whey protein isolate	L	0-2h

Protein

Cashews	H Fructans, GOS	2-6h+
Pistachios	H Fructans, GOS	2-6h+
Almond butter	M GOS, Fructans	2-6h+
Almonds (large serving)	M GOS, Fructans	2-6h+
Pea protein powder	M GOS	0-2h
Plant-based meat substitute	M GOS, Fructans	0-2h
Whey protein concentrate	M Lactose	0-2h
Aged/cured fish (smoked salmon, canned tuna aged, anchovies)	L	0-2h
Brazil nuts	L	2-6h+
Duck, lamb, pork and game	L	0-2h
Eggs	L	0-2h
Fatty/processed meats (sausage, bacon, salami)	L	2-6h+
Firm tofu	L	2-6h+
Hazelnuts	L Fructans, GOS	2-6h+
Hemp seeds	L	2-6h+
Leftover / reheated meat & fish	L	0-2h
Natto	L	0-2h
Peanuts / peanut butter	L	0-2h
Pine nuts	L	2-6h+
Plain chicken / fish / beef (fresh, unprocessed)	L	0-2h
Pumpkin seeds	L	2-6h+
Seitan (wheat gluten)	L	0-2h
Sesame seeds	L	2-6h+
Shellfish (prawns, shrimp, mussels)	L	0-2h
Sunflower seeds	L Fructans	2-6h+
Tempeh	L	0-2h
Walnuts / pecans / macadamia	L	0-2h

Condiments and sauces

Curry paste	H	Fructans	2-6h+
Garlic/onion-based sauces and stocks	H	Fructans	0-2h
Hoisin sauce	H	Fructans, Fructose	2-6h+
Salad dressing (commercial)	H	Fructans, Fructose	2-6h+
Stock cubes and bouillon	H	Fructans	2-6h+
Balsamic vinegar (large serving)	M	Fructose	0-2h
BBQ sauce / marinade	M	Fructose, Fructans	0-2h
Jam and marmalade	M	Fructose	0-2h
Oyster sauce	M	Fructans	2-6h+
Pesto	M	Fructans, GOS	0-2h
Sriracha and chilli sauce	M	Fructans	0-2h
Tahini (large serving)	M	Fructans	2-6h+
Teriyaki sauce	M	Fructans, Fructose	2-6h+
Tzatziki / garlic yogurt dip	M	Fructans, Lactose	0-2h
Capers	L		0-2h
Coconut aminos	L		0-2h
Fish sauce	L		0-2h
Fresh herbs	L		0-2h
Ketchup	L	Fructose	0-2h
Mayonnaise	L		0-2h
Miso paste	L		0-2h
Mustard	L		0-2h
Nutritional yeast	L		0-2h
Olive oil	L		0-2h
Soy sauce	L		0-2h
Spicy chili / hot sauce dishes	L		now
Turmeric	L		2-6h+
Vinegar / pickled foods	L		0-2h
Wasabi	L		now
Worcestershire sauce	L	Fructose	0-2h

Sweeteners

Agave syrup	H	Fructose	0-2h
Date syrup	H	Fructose, Fructans	2-6h+
FOS / oligofructose (prebiotic)	H	Fructans	2-6h+
Golden syrup	H	Fructose	0-2h
High-fructose corn syrup	H	Fructose	0-2h
Honey	H	Fructose	0-2h
Isomalt (E953)	H	Sorbitol	2-6h+
Lactitol (E966)	H	Sorbitol	2-6h+
Maltitol (E965)	H	Sorbitol	0-2h
Mannitol (E421)	H	Mannitol	0-2h
Polydextrose	H	Fructans	2-6h+
Sorbitol (E420)	H	Sorbitol	0-2h
Xylitol (E967)	H	Sorbitol	0-2h
Yacon syrup	H	Fructans	2-6h+
Allulose	L		2-6h+
Aspartame	L		0-2h
Brown sugar	L		0-2h
Coconut sugar	L	Fructose	0-2h

Erythritol (E968)	L	0-2h
Glucose / dextrose	L	0-2h
Maltodextrin	L	0-2h
Maple syrup	L	0-2h
Monk fruit	L	0-2h
Rice malt syrup	L	0-2h
Saccharin	L	0-2h
Stevia	L	0-2h
Sucralose (Splenda)	L	0-2h
Table sugar (sucrose)	L	0-2h

Drinks

Cider	H Fructose, Sorbitol	0-2h
Fruit juice (apple/pear/mango)	H Fructose, Sorbitol	0-2h
Malted drinks	H Fructans, Lactose	2-6h+
Sherry and port	H Fructose	0-2h
Beer	M Fructans	now
Carbonated soft drinks (regular)	M Fructose	now
Chai latte / flavored milk latte	M Lactose, Fructose	0-2h
Chicory coffee substitute	M Fructans	2-6h+
Coconut milk (canned)	M Sorbitol	2-6h+
Coconut water (large serving)	M Sorbitol	0-2h
Dandelion root tea	M Fructans	2-6h+
Diet / 'sugar-free' soft drinks	M Sorbitol	now
Energy drinks	M Fructose	now
Fennel tea	M Fructans	2-6h+
Hot chocolate	M Lactose, Fructose	0-2h
Kombucha	M Fructose	0-2h
Oat milk	M Fructans	0-2h
Orange juice	M Fructose	0-2h
Rum / sweet liqueurs	M Fructose	now
Soy milk (whole-bean)	M GOS	2-6h+
Almond milk (unsweetened)	L	0-2h
Cashew milk	L GOS, Fructans	0-2h
Chamomile tea	L	0-2h
Coffee	L	now
Decaf coffee	L	0-2h
Ginger tea	L	0-2h
Hard seltzer	L	now
Lemon water	L	0-2h
Matcha	L	0-2h
Peppermint tea	L	0-2h
Prosecco and champagne	L	now
Rice milk	L	0-2h
Rooibos tea	L	0-2h
Sparkling / soda water	L	now
Spirits (whisky, gin, vodka)	L	0-2h
Tea (black / green)	L	0-2h
Wine	L Fructose	now

Other

Cashew/nut-based vegan cheese	H	GOS, Fructans	2-6h+
Creamy / cheese sauces	H	Lactose	0-2h
Inulin / chicory root fiber	H	Fructans	0-2h
Pizza	H	Fructans, Lactose	0-2h
Protein/fiber bars (with inulin or polyols)	H	Fructans, Sorbitol	0-2h
Sugar-free chewing gum	H	Sorbitol, Mannitol	0-2h
Chocolate (milk / sugar-free)	M	Lactose	0-2h
Resistant starch (cooled potato/rice/pasta)	M		2-6h+
Bone broth	L		0-2h
Carboxymethylcellulose	L		2-6h+
Carrageenan (E407)	L		2-6h+
Chia / flax seeds (large serving)	L		2-6h+
Cooked and cooled potato	L		2-6h+
Fennel	L		0-2h
Fried foods (chips/fries, fried chicken)	L		2-6h+
Ginger	L		0-2h
Guar gum (E412)	L		2-6h+
Gum arabic	L		2-6h+
Locust bean gum	L	GOS	2-6h+
Modified starch	L		2-6h+
MSG	L		0-2h
Pectin	L		2-6h+
Polysorbate 80 (E433)	L		2-6h+
Psyllium husk	L		2-6h+
Soy lecithin	L		2-6h+
Sulfites	L		0-2h
Xanthan gum (E415)	L		2-6h+

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This sheet is an educational aid, not a medical device, and it does not diagnose anything. FODMAP tolerance is dose dependent and individual, so a load rating is a starting point rather than a rule. If you have blood in your stool, unintended weight loss, difficulty swallowing, persistent vomiting or fever alongside gut symptoms, see a clinician rather than working through a diet sheet.