

FODMAP Food Guide

FOMAP Diet

High FODMAP Sources	Low-FODMAP Substitutes
Fructose	
<p><i>Fruits:</i> apples, pears, nashi pears, clingstone peaches, mango, sugar snap peas, watermelon, tinned fruit in natural juice</p> <p><i>Honey</i></p> <p><i>Sweeteners:</i> fructose, high fructose corn syrup</p> <p><i>Large total fructose dose:</i> concentrated fruit sources; large serves of fruit, dried fruit, fruit juice</p>	<p><i>Fruit:</i> banana, blueberry, carambola, durian, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, paw paw, raspberry, rockmelon, strawberry, tangelo.</p> <p><i>Honey substitutes:</i> maple syrup, golden syrup</p> <p><i>Sweeteners:</i> any except polyols</p>
Lactose	
<p><i>Milk:</i> cow, goat and sheep (regular & low-fat), Ice cream</p> <p><i>Yoghurt</i> (regular & low-fat)</p> <p><i>Cheeses:</i> soft & fresh (e.g. ricotta, cottage)</p>	<p><i>Milk:</i> lactose-free, rice milk</p> <p><i>Cheese:</i> 'hard' cheeses including brie, camembert</p> <p><i>Yoghurt:</i> lactose-free</p> <p><i>Butter</i></p>
Oligosaccharides (fructans and/or galactans)	
<p><i>Vegetables:</i> artichokes, asparagus, beetroot, Brussels sprout, broccoli, cabbage, fennel, garlic, leeks, okra, onions, peas, shallots.</p> <p><i>Cereals:</i> wheat & rye when eaten in large amounts (e.g. bread, pasta, couscous, crackers, biscuits)</p> <p><i>Legumes:</i> chickpeas, lentils, red kidney beans, baked beans</p> <p><i>Fruits:</i> watermelon, custard apple, white peaches, rambutan, persimmon</p>	<p><i>Vegetables:</i> bamboo shoots, bok choy, carrot, celery, capsicum, choko, choy sum, corn, eggplant, green beans, lettuce, chives, parsnip, pumpkin, silverbeet, spring onion (green only), tomato</p> <p><i>Onion/garlic substitutes:</i> garlic-infused oil</p> <p><i>Cereals:</i> gluten-free & spelt bread/cereal products</p>
Polyols	
<p><i>Fruits:</i> apples, apricots, cherries, longon, lychee, nashi pears, nectarine, pears, peaches, plums, prunes, watermelon</p> <p><i>Vegetables:</i> avocado, cauliflower, mushrooms, snow peas</p> <p><i>Sweeteners:</i> sorbitol(420), mannitol(421), xylitol(967), maltitol (965), isomalt (953) & others ending in '-ol'</p>	<p><i>Fruits:</i> banana, blueberry, carambola, durian, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, paw paw, raspberry, rockmelon</p> <p><i>Sweeteners:</i> sugar (sucrose), glucose, other artificial sweeteners not ending in 'ol'</p>

Note: Like the food chemical [salicylates food guide](#) and the [histamine watch list](#), this list is also one part of the entire equation in reversing eczema through dietary means. An effective eczema recovery program must include both dietary and non-dietary aspects.

Help more people.

If you or someone you care about is suffering from eczema, please let them know about the natural approach I have used to cure my eczema slowly, naturally and permanently in 2013.

Let them know about CureEczemaSlowly.com!

Thanks,

Harrison Li

Author of [The Eczema Manual](#)