

Sample of FODMAPs in the Diet

FODMAP	SPECIFIC CARBOHYDRATE COMPONENT	HIGH-FODMAP FOODS
Oligosaccharides	Fructans and galacto-oligosaccharides	Onion, garlic, soybeans, kidney beans, rye, wheat, cashews, and pistachio nuts
Disaccharides	Lactose (the sugar found in dairy products)	Cow, goat, and sheep milk; ricotta cheese; ice cream; and custard
Monosaccharides	Fructose, when in excess of glucose in a food	Agave, apple, asparagus, honey, mango, pear, and watermelon
Polyols	Sugar alcohols, primarily mannitol and sorbitol in foods	Apples, blackberries, cauliflower, peaches, plums, and mushrooms

RESOURCES

1. GIBSON PR, SHEPHERD SJ. EVIDENCE-BASED DIETARY MANAGEMENT OF FUNCTIONAL GASTROINTESTINAL SYMPTOMS: THE FODMAP APPROACH. *J GASTROENTEROL HEPATOL*. 2010;25(2):252-258.
2. US DEPARTMENT OF AGRICULTURE, AGRICULTURAL RESEARCH SERVICE. USDA NATIONAL NUTRIENT DATABASE FOR STANDARD REFERENCE, RELEASE 28. [HTTPS://NDB.NAL.USDA.GOV/NDB/](https://ndb.nal.usda.gov/ndb/). UPDATED MAY 2016.