

FODMAP FOOD CHART



LOW FODMAP FOODS



EGGS



WINTER SQUASH



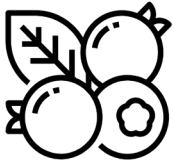
OATS



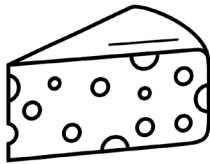
FIRM BANANAS



SPINACH



BLUEBERRIES



HARD CHEESE



QUINOA



CARROTS



BUCKWHEAT



MAPLE SYRUP



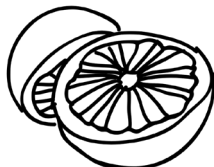
LACTOSE-FREE MILK



ZUCCHINI

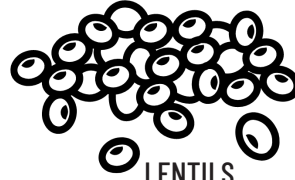


GINGER



ORANGES

HIGH FODMAP FOODS



LENTILS



CHICKPEAS



WHEAT



SOY BEANS



APPLES



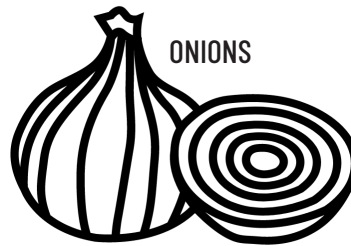
CAULIFLOWER



AVOCADOS



GARLIC



ONIONS



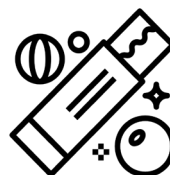
HONEY



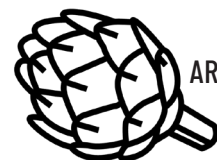
SOFT CHEESES



MILK



SUGAR ALCOHOLS



ARTICHOKES