

Low FODMAP Diet

Foods to Avoid

Fruits

- apples
- cherries
- watermelon
- pears

Vegetables

- garlic
- mushrooms
- onions
- beans

Dairy products

- animal milk
- yogurt
- ice cream
- soft cheeses (like cottage cheese or mascarpone)

Wheat products

- wheat bread
- cereals
- pasta

Sweeteners

- candy
- chewing gum
- things that may contain ingredients like sorbitol or mannitol

Foods to Enjoy

Fruits

- bananas
- strawberries
- kiwi
- pineapples

Vegetables

- carrots
- celery
- olives
- tomatoes

Dairy products

- lactose-free milk
- non-animal milk (like oat or rice milk)
- hard cheeses (like cheddar or parmesan)
- non-dairy yogurt

Gluten-free products

- bread made with potato flour or buckwheat
- rice
- oats

Sweeteners

- white sugar
- brown sugar
- maple syrup

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Xiang Xie



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