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Foods suitable on a low-FODMAP diet

Fruits	Vegetables	Grain Foods	Milk Products	Other
Banana, blueberry,	Alfalfa, artichoke,	Cereals	lactose-free milk, oat	Sweeteners
Boysenberry, cantaloupe	bamboo shoots, bean	gluten-free bread or	milk*, rice milk, soy	sugar* (sucrose),
cranberry, durain, grape,	shoots, bok choy, carrot,	cereal products	milk*	glucose, artificial
grapefruit, honeydew	celery, choko, choy sum,	Bread	*check for additives	sweeteners not
melon, kiwifruit, lemon,	endive, ginger, green	100% spelt bread	Cheeses	ending in "-ol"
lime, mandarin, orange,	beans, lettuce, olives,	rice	hard chesses, brie	Honey substitutes
passionfruit, pawpaw,	parsnip, potato,	oats	and camembert	golden syrup*, maple
raspberry, rhubarb,	pumpkin, red capsicum	polenta	Yoghurt	syrup*, molasses,
rockmelon, star anise,	(bell pepper), silver beet,	other	lactose-free varieties	treacle
strawberry, tangelo	spinach, summer squash,	arrowroot, millet,	ice-cream	*small quantities
Note: if fruit is dried, eat	(yellow), swede, sweet	psyllium, quinoa,	substitutes	
in small quantities	potato, taro, tomato,	sorgum, tapioca	gelati, sorbet	
	turnip, yam, zucchini		butter substitutes	
	herbs		olive oil	
	basil, chili, coriander,			
	ginger, lemongrass,			
	marjoram, mint,			
	oregano, parsley,			
	rosemary, thyme			

Eliminate foods containing FODMAPS

Excess fructose	Lactose	Fructans	Galactans	Polyols
Fruit	Milk	Vegetables	Legumes	Fruit
apple, mango, masihi,	milk from cows, goats or	asparagus, beetroot,	Baked beans,	apple, aprcot,
pear, tinned fruit in	sheep, custard, ice	broccoli, brussels	chickpeas, kidney	avacado, blackberry,
natural juice,	cream, yoghurt	sprouts, cabbage,	beans, lentils	cherry, lychee, nashi
watermelon	Cheeses	eggplant, fennel,		nectarine, peach,
Sweetners	soft unripened cheeses	garlic, leek, okra,		pear, plum, prune,
fructose, high fructose	eg. Cottage, cream,	onion (all), shallots,		watermellon
corn syrup	mascarpone, ricotta	spring onion		Vegetables
Large total fructose		Cereals		cauliflower, green
dose		wheat and rye, in		capsicum (bell
concentrated fruit		large amounts eg.		pepper), mushroom,
sources, large serves of		Bread, crackers,		sweet corn
fruit, dried fruit, fruit		cookies, couscous, pasta		Sweeteners
juice		Fruit/Miscellaneous		sorbitol (420)
Honey		custard apple, persimmon		mannitol (421)
corn syrup, fruisana		Watermelon, chicory		isomalt (953)
		Dandelion, inulin		maltitol (965)