

FODMAP guide

Food you should avoid

Cauliflower 	Mango 	Naan 
Garlic 	Pomegranate 1/2 cup 	Chapati 
Beetroot 40 gm 	Plums 	Wheat noodle 
Onion/shallots 	Peach 	Wheat bread 
Green peas 	Apple 	Cow's milk 
Sweet potato 1 cup 	Apricot 	Goat's milk 
White potato 	Cashews 	Butter milk 
Sprint onion white part 	Almonds 20 nuts 	Dahi 
Raw banana 	Pistachio 	Cow's yoghurt 
Mushroom 	Legumes/pulses 	Tofu (silken) 
Broccoli 	Split peas 	Coconut milk 250 ml 
Bitter gourd 	Kidney beans 	Coconut water 
Cabbage 	Mung beans 	Strong chai 
Custard apple 	Soy bean 	Alcohol 
Dates 	Wheat 	Sports drink 
Jackfruit 	Roti 	Cream/icecream 

Food you can sparingly consume

Sweet potato 1/2 cup 	Fresh coconut 1 cup 	Pomegranate 1 cup 
Pumpkin 1/2 cup 	Dry coconut 1/2 cup 	Coconut milk 150 ml 

Food you can consume

Brinjal		Papaya		Almonds	
Capsicum (listed twice)		Ripe Banana		10 nuts	
Okra/bhindi		Dragon fruit		Millets	
Sweet potato 3/4 cup		Melon		Oats	
Pumpkin 1/4 cup		Pomegranate 1/4 cup		Eggs	
Radish		Strawberry		Chicken	
Spinach		Guava		Oyster	
Sprint onion green part		Kiwi		Fish	
Carrot		Pineapple		Shrimp	
Tomato		Grapes		Ginger	
Fresh coconut 1/2 cup		Sesame seeds		Cumin	
Dry coconut 1/4 cup		Pumpkin seeds		Coriander	
Coconut milk 125 ml		Peanuts		Light chai	
		Rice		Coffee	
				Black tea	

4 phases of FODMAP diet

01

Assess

Identify the diet that is most likely to benefit you

02

Restrict

Start reducing high-FODMAP food

03

Reintroduce

Reintroduce FODMAP items to assess tolerance

04

Personalize

Continue with the least restriction needed for long-term symptom control

Cooking tips to reduce FODMAP content

- Fermentation (idli, dosa, etc./naan, kulcha, bhatura, jalebi)
- Soaking and boiling legumes/pulses and discarding soaked water
- Pickling onions, garlic, and beetroot in brine
- Not adding onion, garlic, or shallots to recipes
- Not adding milk and yogurt
- Reducing the serving size
- Garlic-infused oil technique: FODMAPs are water-soluble but not oil-soluble
- Substituting asafoetida (hing) for onion and garlic onion and garlic

FODMAP: Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols

Disclaimer: The content of this leaflet is for information purpose only. It is not a replacement for expert medical advice. Please talk to your doctor before implementing any suggestions mentioned in the leaflet.