

Appendix 11: List of Potentially Problematic Foods

<i>Food Groups</i>		<i>Foods</i>	
FODMAPS	FRUCTOSE	Fruits	Apple, boysenberries, cherries, figs, grapes, mango, pears, tamarillo, watermelon, dried fruits, canned fruits, fruit bars
		Vegetables	Artichoke, asparagus, sugar snap peas, tomato juice, tomato sauce, tomato paste
		Sweeteners	Agave syrup, honey, high-fructose corn syrup (HFCS), corn syrup solids
		Drinks	Fruit juices, fruit punches, soft drinks, energy drinks, sweeter wines, port wines, some ciders
	LACTOSE	High	Milk
		Moderate	Commercial yogurt and ice cream
		Low	Cheese and cream
	FRUCTANS	Grains	Wheat, rye, and barley (bread, pasta, couscous, gnocchi, muesli, wheat bran, and other foods derived from these grains), sweet corn
		Vegetables	Onion (all types, including brown onions, white onions, Spanish onions, red onions, shallots, leeks, and the white part of green onions), garlic, artichoke, asparagus, Jerusalem artichoke, beetroot, broccoli, Brussels sprouts, dandelion leaves, fennel, butternut squash, green peas, snow peas, cabbage, okra
		Fruits	Custard apples, nectarines, peaches, persimmon, pomegranate, rambutan, tamarillo, watermelon
		Nuts and seeds	Pistachios, cashews, almonds, hazelnuts, flaxseeds
		Seasonings	Onion powder, onion salt, garlic powder, garlic salt, bouillon cubes, broth, stock, chicken salt, vegetable salt, vegetable powder, dehydrated vegetables, gravies, soups, marinades, sauces, spices, and seasonings (often contain some form of onion or garlic)
		Sweeteners	Coconut sugar (also called coconut nectar or coconut crystals)
		Other	Inulin, chicory root, fructooligosaccharides (FOS), prebiotics
	SORBITOL	Fruits	Apple, apricot, avocado, blackberries, cherries, longan, lychee, nectarines, pears, plums, prunes, and juices from these fruits
		Sweeteners	Sugar alcohols such as sorbitol, mannitol, maltitol, xylitol, and isomalt
		Other	Gums, candies, and other sugar-free items containing sugar-alcohol sweeteners
	MANNITOL	Vegetables	Cauliflower, celery, mushrooms, snow peas, sweet potato, butternut squash, pumpkin
		Fruits	Peach, watermelon
		Sweeteners	Sugar alcohols such as sorbitol, mannitol, maltitol, xylitol, and isomalt
		Others	Some beers and wines
	GALACTANS	Legumes	Legumes, beans (chickpeas, red kidney beans, etc.), lentils, hummus, soy-based products (especially if made with whole soy beans or soy protein)
		Vegetarian foods	Soy-based products like tempeh, soy burgers, and soy yogurt (especially if made with whole soy beans or soy protein)
		Beverages	Soymilk (especially if made from whole soy beans)
		Vegetables	Broccoli, Brussels sprouts, cabbage, butternut squash, pumpkin, edamame

Appendix 11: List of Potentially Problematic Foods (cont.)

Food Groups		Foods	
NATURAL FOOD CHEMICALS	SALICYLATES	Vegetables	Avocado, bell pepper (capsicum), broccoli, cauliflower, cucumber (with peel), eggplant, mushrooms, nori, olives, onion, pickled vegetables, pumpkin, radicchio, radish, sauerkraut, spinach, spring onion, tomato, vegetable juices, soups, and stocks, zucchini with peel
		Fruits	Berries, cherries, citrus, dates, dried fruits, grapes, kiwi, mango, passion fruit, pineapple, plum, pomegranate, rhubarb, ripe banana, strawberry, watermelon, fruit juices
		Sweets	Chewing gums, honey, jams and jellies, licorice, mints, raw sugar
		Seasonings	Commercial gravies, sauces, stocks, herbs, spices, mustard, tomato sauce, ketchup, tomato paste, spices (cinnamon, anise, cloves, etc.), vinegar (balsamic, red wine, etc.)
		Animal protein	Beef (aged, corned, smoked, cured), commercial gravy, fish sauces, meat pies, sausages, stocks
		Legumes	Beans, falafel, hummus, textured vegetable protein (TVP)
		Nuts and seeds	Almonds, Brazil nuts, chestnuts, coconut, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, walnuts, and butters from these nuts, flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds
		Fat	Almond oil, avocado oil, extra-virgin and regular olive oils, sesame oil, walnut oil, oils with added antioxidants, commercial marinades, salad dressings and mayonnaise, coconut milk, coconut cream, coconut oil, suet
		Grains and starchy foods	Breads (with corn, dried fruit, nuts, coconut, vinegar, and preservatives), breakfast cereals (with corn, cocoa, coconut, dried fruit, honey, nuts, artificial colors and flavors), potato chips, French fries, muesli, nachos, pasta, polenta, rice cakes, rice crackers
		Dairy	Flavored milk (chocolate, etc.), fruit-flavored yogurt
		Beverages	Coffee (regular and decaffeinated), herbal teas, teas, chai spiced tea, soft drinks
		Alcohol	Beer, champagne, cider, spirits, liqueurs, wines
		Other	Fermented foods, nutritional yeast, aspirin, natural flavorings, perfumes, botanical oils, liquid medications
		AMINES	Vegetables
	Fruits		Berries, cherries, citrus, dates, dried fruits, grape, just-ripe banana, kiwi, mango, passion fruit, pineapple, plums, fruit juices
	Sweets		Chocolate, jams and jellies
	Seasonings		Commercial gravies, sauces, stocks, fish sauce, mustard, tomato sauce, ketchup, tomato paste, soy sauce, spices (cinnamon, anise, cloves), vinegar (balsamic, red wine, etc.)
	Animal protein		Anchovies, beef (aged, corned, smoked, cured), bacon, canned salmon, canned sardines, canned tuna, chicken skin, commercial gravies, fish fingers, fish sauce, game meat, ham, liver, meat pies, pork, turkey, sausages, shrimp, smoked fish, surimi (fake crab), stocks
	Legumes		Beans, falafel, hummus, textured vegetable protein (TVP)
	Nuts and seeds		Almonds, Brazil nuts, chestnuts, coconut, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, walnuts and butters from these nuts, flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds
	Fat		Almond oil, avocado oil, extra-virgin and regular olive oil, sesame oil, walnut oil, oils with added antioxidants, commercial marinades, salad dressings and mayonnaise, coconut milk, coconut cream, coconut oil, suet
	Grains and starchy foods		Breads (with corn, dried fruit, nuts, coconut, vinegar and preservatives), breakfast cereals (with corn, cocoa, coconut, dried fruit, honey, nuts, artificial colors and flavors), potato chips, French fries, muesli, rice cakes, rice crackers
	Dairy		Flavored milk (chocolate, etc.), fruit-flavored yogurt, mild cheeses (cheddar, Swiss, feta, halloumi, etc.), strong-tasting cheeses (Brie, camembert, Parmesan, etc.)
	Beverages		Chai spiced tea, soft drinks
Alcohol	Beer, champagne, cider, spirits, liqueurs, wines		
Other	Cocoa powder, fermented foods		

Appendix 11: List of Potentially Problematic Foods (cont.)

Food Groups		Foods	
OTHER VEGETABLES	GOITROGENS	Cruciferous vegetables	Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi, radishes, rapini, rutabaga, turnips (especially in their raw state or fermented)
		Produce	Spinach, sweet potato, some fruits (strawberries, pears, peaches)
		Other	Canola, soybeans, peanuts, millet
	NIGHTSHADES	Starches	Potato (but not sweet potato)
		Vegetables	Eggplant, tomato, tomatillo, bell pepper
		Fruits	Goji berries, ground cherries
		Spices and seasonings	Paprika, most kinds of pepper (chili pepper, chili powder, jalapeño, cayenne pepper, chipotle, hot pepper, Tabasco sauce), curry (often contains pepper); NOT black and white pepper
	CRUCIFEROUS	Other	Ashwagandha (Ayurvedic supplement), nicotine
		Vegetables	Kale, collard greens, broccoli (including Chinese broccoli, broccoflower, wild broccoli, broccoli romanesco, and rapini), cabbage (including Chinese cabbage, napa cabbage, red cabbage, and sauerkraut), Brussels sprouts, Kohlrabi, cauliflower, bok choy, pak choy, turnips, rutabaga, arugula (rocket lettuce), watercress, radish, daikon
	Other	Other	Horseradish (including wasabi), maca, canola/rapeseed, mustard seed
Tree nuts		Almonds, walnuts, cashews, chestnuts, macadamias, hazelnuts, pecans, Brazil nuts, pistachios, pine nuts, shea nuts	
NUTS AND SEEDS	SEEDS	Seeds	Flaxseeds (linseeds), chia seeds, hemp seeds, psyllium, sunflower seeds (including sunbutter), pumpkin seeds (pepitas), sesame seeds (including sesame oil and tahini), poppy seeds
		Seasonings	Nutmeg, anise seeds, black caraway seeds (regular caraway seed should be fine), celery seeds, cumin seeds, dill seeds, fennel seeds, fenugreek, mustard seeds (including mustard powder, prepared mustards, mustard oil, and mustard leaves)
		Other	Coffee and cacao
	NUTS		
YEASTS, MOLDS, AND MYCOTOXINS	Plant foods	Some fruits (berries, melon, grapes, and dried fruits), overripe produce, refined vegetable oils, some nuts (cashews, pistachios), peanuts (including peanut butter)	
	Seasonings	Vinegars (excluding apple cider vinegar), many condiments, MSG, citric acid, yeast extracts	
	Fermented foods	Sauerkraut, kefir, miso, soy sauce, tamari sauce, cheeses	
	Other	Aged and cured meats (sausage, bacon, ham), yeast spreads (Vegemite® or Marmite®), B vitamins and other supplements made from yeasts, grain products with baker's yeast, nutritional yeast, alcoholic beverages	
CASEIN	A1 casein	Regular dairy products (from Holstein cows)	
	A2 casein	From Jersey cows, goats, buffalo, camel, and a few other ancestral ruminant species	