

## FOOD INTOLERANCE GUIDE

	FRUCTOSE	FRUCTANS	GALACTANS	POLYOLS	LACTOSE
<p><b>x</b></p> <p><b>FODMAPS IN EXCESS AMOUNTS – TO BE AVOIDED</b></p>	<p>FRUIT: APPLES, PEARS, MANGOES, WATERMELON, TINNED FRUIT IN JUICE, DRIED FRUITS, FRUIT JUICE. SWEETENERS: HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, HONEY</p>	<p>CEREALS: WHEAT AND RYE PRODUCTS SUCH AS PASTA, BREAD, BISCUITS. FRUITS: CUSTARD APPLES, WATERMELON, PERSIMMONS. VEGETABLES: CABBAGE, BRUSSEL SPROUTS, FENNEL, BEETROOT, ASPARAGUS, ONION, GARLIC, WHITE PORTION OF SPRING ONION, OKRA, SHALLOTS.</p>	<p>LEGUMES: CHICKPEAS, LENTILS, RED KIDNEY BEANS, BAKED BEANS.</p>	<p>FRUIT: APPLES, APRICOTS, LYCHEES, PRUNES, WATERMELON, PLUMS, CHERRIES, NASHI, PEACHES. VEGETABLES: MUSHROOMS, AVOCADOS SWEETENERS: SORBITOL, MANNITOL, XYLITOL, MALITOL, ISOMALT</p>	<p>MILK: COW' S MILK, GOAT' S MILK, SHEEP' S MILK, YOGHURT, ICE-CREAM. CHEESE: SOFT CHEESES – EG COTTAGE CHEESE, RICOTTA CHEESE.</p>
<p><b>✓</b></p> <p><b>SUITABLE ON A LOW FODMAP DIET</b></p>	<p>FRUIT: AVOID FRUIT IN LARGE AMOUNTS. BANANA, BLUEBERRIES, KIWIFRUIT, GRAPEFRUIT, HONEYDEW, CITRUS FRUITS, STRAWBERRIES, TANGELOS, RASPBERRIES, ROCKMELON. SYRUPS: GOLDEN SYRUP, MAPLE SYRUP, AGAVE.</p>	<p>CEREALS: OATS, QUINOA, RICE, CORN, POLENTA. BREAD: 100% SPELT BREAD.</p>	<p>VEGETABLES: CARROTS, BOK-CHOY, CELERY, CAPSICUMS, CHOY-SUM, CHOKO, TOMATO, GREEN PORTION OF SPRING ONION, BAMBOO SHOOTS, CORN, EGGPLANT, LETTUCE, PUMPKIN, SILVER BEET. GARLIC ALTERNATIVE: GARLIC INFUSED OIL.</p>	<p>SWEETENERS: SUCROSE, GLUCOSE, ANY SWEETENER THAT DOESN' T END IN "OL".</p>	<p>MILK: LACTOSE-FREE VARIETY OF COW' S, GOAT' S AND SHEEP' S MILK, RICE MILK, ALMOND MILK. CHEESE: HARD CHEESES – EG TASTY OR PARMESAN YOGHURT: LACTOSE FREE VARIETY, SOY. SPREADS: DAIRY FREE SPREAD SUCH AS OLIVE OIL BLEND.</p>

This is a suggested dietary guide that should be used alongside the specialist input of your dietitian, to ensure that you are following a diet that is individualised to you .