

## Low-FODMAP snacks

These low-FODMAP snacks may be consumed on a low-FODMAP diet, but do remember that certain low-FODMAP foods might be a problem for some people. ‘Listen’ to your body and try to be aware of how particular foods might be causing you a problem – the **Trouble Foods** feature on the app allows you to record the foods that you suspect are a problem. High-FODMAP foods should be avoided for at least 4 weeks, and possibly 8 weeks, to allow sufficient time for the diet to work to its maximum.

High-FODMAP foods	Low-FODMAP options
<b>Sweet</b>	<b>Sweet</b>
<ul style="list-style-type: none"> <li>• Cereal / snack bars</li> <li>• Cake</li> <li>• Biscuits</li> <li>• Milk chocolate in excess (&gt; 5 squares)</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate (milk / plain) – limit to 5 squares</li> <li>• Wheat-free breakfast cereal (not muesli or other cereal containing dried fruit)</li> <li>• Low-FODMAP fruit (<i>see next page</i>)</li> </ul>
<b>Milk / yoghurt</b>	<b>Milk / yoghurt</b>
<ul style="list-style-type: none"> <li>• Yoghurt containing <b>fructose, FOS, inulin, oligofructose</b>, or any of the fruits listed below</li> </ul>	<ul style="list-style-type: none"> <li>• Yoghurt (ensure it does not contain <b>FOS, inulin, oligofructose</b> or <b>fructose</b>)</li> </ul>
<b>Nuts / seeds</b>	<b>Nuts / seeds</b>
<ul style="list-style-type: none"> <li>• Almonds (<b>20</b> nuts)</li> <li>• Cashews (<b>10</b> nuts)</li> <li>• Pistachio (<b>15</b> nuts)</li> </ul>	<ul style="list-style-type: none"> <li>❖ Most nuts and seeds can be eaten in small amounts</li> <li>• Peanuts / Walnuts / Macadamia</li> <li>• Almonds (10 nuts)</li> <li>• Hazelnuts (10 nuts)</li> <li>• Seeds: sunflower, sesame and pumpkin</li> </ul>
<b>Breads, muffins, etc</b>	<b>Breads, muffins, etc</b>
<ul style="list-style-type: none"> <li>❖ The following foods made from <b>wheat</b> or <b>rye</b> flour:               <ul style="list-style-type: none"> <li>• Bread</li> <li>• Brioche</li> <li>• Croissant, pain au chocolat / au raisin</li> <li>• Crumpet / English muffin / Scone</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>❖ Food items made <u>without</u> <b>wheat</b> or <b>rye</b>:               <ul style="list-style-type: none"> <li>• Wheat-free or rye-free bread</li> <li>• Bread made from spelt flour</li> <li>• Wheat-free types of crumpets / English muffins / oat bran muffins, scones</li> </ul> </li> </ul>
<b>Sweet / savoury spreads</b>	<b>Sweet / savoury spreads / spreading fat</b>
<ul style="list-style-type: none"> <li>• Jam / marmalade / preserves / containing <b>high-fructose corn syrup</b></li> </ul>	<ul style="list-style-type: none"> <li>• Marmalade (must be free from high-fructose corn syrup)</li> <li>• Marmite, Vegemite</li> <li>• Nutella, peanut butter</li> <li>• Butter, margarine, low-fat spread</li> </ul>

<p style="text-align: center;"><b>Savoury</b></p> <ul style="list-style-type: none"> <li>❖ Anything made from <b>wheat</b> or <b>rye</b> flour, such as: <ul style="list-style-type: none"> <li>• Cream crackers</li> <li>• Ritz crackers</li> <li>• Ryvita</li> <li>• Crudités: celery, broccoli, cauliflower, spring onion (white part), mangetout; snow-peas, asparagus</li> <li>• Hummus, tzatziki,</li> <li>• Edamame beans</li> </ul> </li> </ul>	<p style="text-align: center;"><b>Savoury</b></p> <ul style="list-style-type: none"> <li>• Crisps (plain); tortilla chips (plain); popcorn (plain); wheat-free pretzels</li> <li>• Oatcakes</li> <li>• Corn cakes, rice cakes</li> <li>• Crudités: cucumber; carrot; sweet pepper</li> <li>• Olives</li> <li>• Sushi</li> <li>• Home-made tomato salsa (see <i>Main meals</i>)</li> </ul>
<p style="text-align: center;"><b>Fruit</b></p> <ul style="list-style-type: none"> <li>❖ <i>All dried fruits (dried banana okay)</i></li> <li>❖ <i>All fruits containing stones</i></li> <li>❖ <i>All tinned fruits</i></li> </ul> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricot</li> <li>• Blackberries</li> <li>• Boysenberry</li> <li>• Cherries</li> <li>• Custard apple</li> <li>• Longon</li> <li>• Lychee</li> <li>• Nasberry</li> <li>• Nashi pear</li> <li>• Nectarine</li> <li>• Paw paw</li> <li>• Peach</li> <li>• Pear</li> <li>• Plum</li> <li>• Pomegranate</li> <li>• Persimmon</li> <li>• Rambutan</li> <li>• Sweetsop</li> <li>• Soursop</li> <li>• Watermelon</li> </ul>	<p style="text-align: center;"><b>Fruit</b></p> <p style="text-align: center;"><b>Limit to 3 portions a day</b></p> <ul style="list-style-type: none"> <li>• Banana (<i>ripe</i>) – 1 small</li> <li>• Blueberries – 1 small bowl</li> <li>• Canteloupe melon – 1 slice</li> <li>• Clementine – 2 fruits</li> <li>• Dates – 2 dates</li> <li>• Galia melon – 1 slice</li> <li>• Grapes – 10</li> <li>• Grapefruit – ½ fruit</li> <li>• Honeydew melon – 1 slice</li> <li>• Juice – 1 small glass</li> <li>• Kiwi – 1 or 2</li> <li>• Lemon – juice of 1 fruit</li> <li>• Lime – juice of 1 fruit</li> <li>• Mandarin – 1 medium</li> <li>• Orange – 1 medium</li> <li>• Papaya – 1 slice</li> <li>• Passion fruit – 1 fruit</li> <li>• Pineapple – 1 slice</li> <li>• Raspberries – 1 small bowl</li> <li>• Satsuma – 1 fruit</li> <li>• Strawberries – 1 small bowl</li> <li>• Tangerine – 1 fruit</li> </ul>
<p style="text-align: center;"><b>Cold drinks</b></p> <ul style="list-style-type: none"> <li>• Apple juice</li> <li>• Coconut water</li> <li>• Diet drinks</li> <li>• Fruit juice blends</li> <li>• Smoothies made from high FODMAP fruit</li> <li>• Tropical juices</li> <li>• Vitamin water</li> </ul>	<p style="text-align: center;"><b>Cold drinks</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Orange juice (limit ½ glass – ‘stretch’ it with water)</li> <li>• Tomato juice</li> </ul>
<p style="text-align: center;"><b>Hot drinks</b></p> <ul style="list-style-type: none"> <li>• Tea: chamomile, <i>strong</i> dandelion, fennel, oolong</li> <li>• Carob powder (2 heaped tsp)</li> <li>• Coffee with chicory as an ingredient</li> <li>• Horlicks</li> </ul>	<p style="text-align: center;"><b>Hot drinks</b></p> <ul style="list-style-type: none"> <li>• Tea: <i>weak</i> black, <i>weak</i> chai, <i>weak</i> dandelion, green, peppermint, white</li> <li>• Carob powder (1 heaped tsp)</li> <li>• Cocoa powder (2 heaped tsp)</li> <li>• Coffee (<u>without</u> chicory added)</li> <li>• Drinking chocolate (2 heaped tsp)</li> <li>• Bovril</li> </ul>