

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
Fructans and Galacto-oligosaccharides (GOS)	Vegetables	<p>These should be completely avoided.</p> <ul style="list-style-type: none"> • Artichokes (globe and hearts) • Jerusalem artichoke • Cauliflower • Chicory root • Garlic • Leek • Mushroom • Onion (red, white, Spanish, shallots) • Spring onion (white part) <p>Limit to less than 3 tablespoons per day, unless otherwise stated.</p> <ul style="list-style-type: none"> • Artichoke hearts • Asparagus • Avocado (less than ¼) • Beetroot • Broccoli • Brussels sprouts • Butternut squash • Celery

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
		<ul style="list-style-type: none"> • Fennel (bulb and leaves) • Mange tout • Okra • Peas (including green peas and snow peas) • Savoy cabbage • Sweet potato • Sweetcorn (small amounts only, more than ½ cob should be avoided)
	Beans and Pulses	<p>All forms listed below should be avoided.</p> <ul style="list-style-type: none"> • Chickpeas • Broad beans • Soybeans • Black eyed beans • Butter beans • Lentils • Baked beans • Kidney beans • Split peas
	Fruit (Fresh, dried or juice)	<p>These fruits should be completely avoided, whether fresh, dried, canned, or as juice.</p>

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
		<ul style="list-style-type: none"> • Apple • Apricot • Blackberry • Cherries • Custard apple • Dates • Figs • Grapefruit • Mango • Nectarine • Peach (including white peaches) • Pear • Persimmon • Plum and prune • Pomegranate • Sultanas • Watermelon <p>Consume cautiously and in small portions.</p> <ul style="list-style-type: none"> • Rambutan (no more than 3 pieces) <p>Avoid all products made from the fruits listed above.</p>

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
		<ul style="list-style-type: none"> • Tinned fruit in apple or pear juice • Tropical fruit juices • Juices made from any fruits listed above • Jams containing restricted fruits • Sauces containing restricted fruits • Chutneys containing restricted fruits
	Bread, cereals, snacks	<p>These foods are made with high amounts of wheat, barley, rye, or spelt and should be avoided.</p> <p>Breads and Rolls</p> <ul style="list-style-type: none"> • All wheat bread and rolls <ul style="list-style-type: none"> ◦ White ◦ Wholemeal ◦ Multigrain ◦ Sourdough (small amounts may be tolerated by some, but generally avoided) • Pitta bread • Bagels • Ciabatta • Focaccia • Panini • Naan bread

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
		<ul style="list-style-type: none"> • Chapatti • Rye bread • Spelt bread <p>Pastries and Bakery Goods</p> <ul style="list-style-type: none"> • Croissants • Muffins • Brioche • Pastries • Crumpets • Most commercial bakery products <p>Grain Based Meals and Snacks</p> <ul style="list-style-type: none"> • Pasta • Noodles • Pastry based foods • Pizza bases • Garlic bread • Bao • Muesli
	Beans, legumes, nuts	<p>Beans, Legumes, and Nuts to Avoid</p> <p>These foods should be avoided.</p>

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
		Beans and Legumes <ul style="list-style-type: none"> • Chickpeas • Lentils • Red kidney beans • Baked beans • Soybeans • Silken tofu Nuts <ul style="list-style-type: none"> • Cashews • Pistachios
	Drinks, dessert	Teas and Hot Drinks <ul style="list-style-type: none"> • Oolong tea • Chicory coffee substitute (Camp) • Dandelion tea • Camomile tea • Chai tea • Fennel tea Milk and Plant Based Drinks <ul style="list-style-type: none"> • Soy milk Other Drinks <ul style="list-style-type: none"> • Coconut water

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
		<ul style="list-style-type: none"> Drinks containing inulin or fructooligosaccharides (FOS) <p>Alcohol to Avoid</p> <ul style="list-style-type: none"> Rum Dessert wine <p>Desserts and Sweet Soups to Avoid</p> <ul style="list-style-type: none"> Red bean soup Green mung bean soup
Lactose	Milk, dairy	<p>These should be avoided if you cannot absorb lactose.</p> <ul style="list-style-type: none"> Condensed milk Cow's milk Evaporated milk Goat's milk Custard Yoghurt <p>Do not exceed the serving sizes listed below.</p> <p>Ice Cream</p> <ul style="list-style-type: none"> Up to $\frac{2}{3}$ scoop (30 g) <p>Cheese</p> <ul style="list-style-type: none"> Cream cheese, up to 2 tablespoons (40 g) Haloumi, up to 2 slices (40 g) Ricotta, up to 2 tablespoons (40 g)

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
Fructose	Fruit	These fruits should be avoided. <ul style="list-style-type: none"> • Apple • Cherries • Mango • Pear • Watermelon
	Vegetables	These vegetables should be avoided. <ul style="list-style-type: none"> • Asparagus • Sugar snap peas
	Others	Other Foods and Drinks to Avoid <ul style="list-style-type: none"> • Tropical fruit juices • Honey • High fructose corn syrup (HFCS) • Glucose fructose syrup • Dessert wine • Rum
Sorbitol	Fruit	These fruits should be avoided in all forms, fresh, dried, canned, or processed. <ul style="list-style-type: none"> • Apple • Apricot

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
		<ul style="list-style-type: none"> • Avocado • Blackberries • Cherries • Longans • Lychees • Nectarines • Peaches • Pear • Plums <p>Fruit Based Products to Avoid</p> <ul style="list-style-type: none"> • Jam made with mixed berries <p>Drinks to Avoid</p> <ul style="list-style-type: none"> • Coconut water
	Artificial Sweeteners	<p>Products</p> <ul style="list-style-type: none"> • Sugar free mints • Sugar free candy <p>Avoid foods and drinks containing the following:</p> <ul style="list-style-type: none"> • Sorbitol • Mannitol • Xylitol

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

High FODMAP Foods		
Type of FODMAPs	Food Groups	Examples
		<ul style="list-style-type: none"> Isomalt
Mannitol	Fruit	Watermelon
	Vegetables	<p>Vegetables</p> <ul style="list-style-type: none"> Cauliflower Celery Mushrooms Snow peas <p>Do not exceed the serving size below.</p> <ul style="list-style-type: none"> Sweet potato, up to ½ cup (75 g) per serving

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

Low FODMAP Foods					
Grains and Alternatives					
Bread, gluten free	2 slices, 52g	Rice, brown/ white/ glutinous	1 cup (cooked)	Corn flakes, gluten-free	1 cup
Rice noodles	1 cup (cooked)	Pasta, gluten-free	1 cup (cooked), 145g	Rolled oats	½ cup 52g
Quinoa	1 cup (cooked), 155g	Vermicelli (noodle)	1 cup (cooked)		
Vegetables					
Beansprouts	¾ cup	Chye sim	1 cup	Bok Choy	1 cup
Cucumber	½ cup	Broccoli	¾ cup	Eggplant	1 cup
Cabbage, common	¾ cup	Ginger root	1 teaspoon	Capsicum, red	¼ of 1 medium
Lettuce, all types	1 cup	Carrot	1 medium, 75g	Onion, spring, green tips	1 bunch
Chilli, red/ green	1 small	Potato	1 medium	Chives	1 tablespoon
Pumpkin, kent	½ cup	Radish	4 radish	Tomato	1 small, 119g
Seaweed, nori (processed)	2 sheets, 5g	Turnip	½ turnip	Spinach, baby	1 cup
Water chestnuts	½ cup				
Nuts, Seeds					
Chestnuts	20 nuts, 168g	Pumpkin seeds	2 tablespoons	Chia seeds	2 tablespoons,

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

Low FODMAP Foods					
					24g
Sesame	2 tablespoons	Linseeds/ flax seeds	1 tablespoon, 15g (higher GOS if >15g)	Sunflower seeds	2 teaspoons
Peanuts	32 nuts, 28g				
Fruits					
Banana (unripe)	1 medium *Banana (ripe) is high in fructan	Mandarin orange	2 small	Dragon fruit	1 medium
Orange	1 medium	Durian	1 cup, 150g	Papaya	1 cup
Grapes	1 cup, 150g	Pineapple	1 cup, 140g	Guava, ripe	2 medium
Starfruit	1 medium	Kiwi fruit	2 small	Strawberry	10 medium
Vegetarian substitutes					
Egg replacer	1 teaspoon	Tofu, plain/ firm	2/3 cup 160-170g	Tempeh, plain	1 slice, 100g
Milk and dairy alternatives					
Milk, lactose-free	1 cup	Yoghurt, lactosefree	1 small tub		
Spices					
Chilli powder	1 teaspoon	Curry leaves	1 cup	Cinnamon	1 teaspoon
Cumin	1 teaspoon	Five spice	1 teaspoon	Cumin	1 teaspoon
Turmeric	1 teaspoon				
Herbs					
Basil, Coriander, Parsley, Mint	1 cup	Tarragon, Thyme, Rosemary	1 cup		

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

Low FODMAP Foods					
Spreads					
Butter	1 tablespoon	Marmalade	2 tablespoons	Jam, strawberry	2 tablespoons
Sauces					
Barbeque sauce	2 tablespoons	Soy sauce	2 tablespoons	Tomato sauce	2 sachets, 13g
Chutney	1 tablespoon	Vinegar, Apple cider	2 tablespoons	Vinegar, Rice wine	2 tablespoons
Fish sauce	1 tablespoon	Mustard	1 tablespoon	Oyster sauce	1 tablespoon

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

Breakfast

- Porridge or wheat free cereal with suitable milk
- Wheat and rye free toast with cheese, suitable jam, or peanut butter
- Two eggs on wheat and rye free toast or 100 percent sourdough spelt toast
- Cheese and chive omelette
- Smoothie made with suitable fruit and lactose free yoghurt
- Cooked breakfast with bacon, egg, tomato, and hash brown, served with wheat and rye free toast or sourdough spelt toast

Lunch

- Wheat and rye free sandwich, pitta, or wrap, or wheat and rye free crispbread with tuna, sardines, salmon, egg, cheese, cold meat, poultry, or ham, plus salad
- Homemade soup made with suitable vegetables, served with wheat free bread
- Baked potato or rice with tuna, cheese, or homemade filling such as chilli
- Salad, rice salad, potato salad, or gluten free pasta salad with cold meat, tuna, eggs, or cheese
- Sushi or sashimi
- Suitable fruit or yoghurt

Dinner

- Steak, chop, fish, poultry, tofu, or Quorn with suitable vegetables and rice, rice noodles, wheat free pasta, gluten free pasta, potato, or polenta
- Risotto or omelette with salad
- Gluten free pasta or spaghetti with bolognaise made without onion or garlic, served with salad
- Corn taco shells with beef mince, crème fraiche, and salad

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)

EATÓ FODMAP SIBO Diet Guide

- Dessert option, suitable fruit, fruit salad, rice pudding, ice cream, yoghurt, or custard

Beverages

- Water, with or without lemon
- Semi skimmed milk or suitable alternative milk
- Tea or coffee
- One third glass, 100 ml, fruit juice or smoothie made with suitable fruit
Tip, dilute fruit juice with water to make a longer drink
- Fruit squash using suitable fruit flavours, check sweeteners

Snacks

- Suitable fruit
- Low fat yoghurt, check ingredients and use lactose free if needed
- Vegetable sticks with dip, check for onion
- Cheese and tomato or peanut butter on rice crackers, corn cakes, or oat cakes
- A handful of suitable nuts
- Occasionally, potato crisps such as unsalted, ready salted, or salt and vinegar, popcorn, dark chocolate, wheat free or gluten free cakes

Sources:

Tan Tock Seng Hospital, Gloucestershire Hospitals (NHS)

Download the [Eato App](#)