AOIFE EARLS, ND

Gas-pro

Foods listed in the attached guide



Gas-pro

Fruits

- Apples
- Apricots
- Blackberries
- Cherries
- Nectarines
- Mango
- Orange juice
- Papaya
- Peaches
- Pears
- Persimmon
- Plums
- Prunes
- Raspberries
- Watermelon
- White peaches

** **Canned fruit and Large portions of any fruit**

Vegetables

- Artichokes

- Asparagus
- Beets
- Bok Choy
- Brussel Sprouts
- Cabbage
- Cauliflower
- Garlic
- Garlic scapes
- Green Peppers
- Kale
- Leek
- Mushrooms
- Onions
- Onion and garlic salt powders
- Pumpkin
- Shallot
- Sugar snap peas

Legumes

- Baked beans
- Chickpeas
- Edamame
- Hummus
- Lentils
- Kidney beans
- Soy milk

Fermented foods

- Kombucha
- Kefir
- Kimchi
- Pickles
- Beets (in culture)

Sweeteners

- Honey
- Agave
- High fructose corn syrup
- Sorbitol, Mannitol, Xylitol, Maltitol
- Splenda (may alter friendly gut flora)

Additionals

- Inulin
- FOS (fructo-oligosaccharides)
- Sugar alcohols (see sweeteners)
- Chicory root

Dairy Products

- Milk: Cow, Sheep, Goat, Soy
- Creamy soups made with milk
- Evaporated milk
- Sweetened condensed milk
- Cow's milk yogurt (Greek yogurt is lowest in FODMAPs)
- Soy yogurt
- Cottage cheese
- Ricotta cheese
- Marscapone cheese
- Sour cream
- Whipping cream
- Ice cream
- Frozen yogurt
- Sherbet