

The IBS

Survivor's

Food Guide

BY: DR. FARAHAT
WWW.OH-MYGUT.COM

**Mobile-Optimized, Quick
Food guide for IBS**

CONTENTS:

Foods to Eat & To Avoid with IBS:

- **Fruits**
- **Vegetables.**
- **Cereals and Rice**
- **Dairy Products.**
- **Drinks & Others**

HIGH & LOW FODMAP FRUITS FOR IBS

HIGH-FODMAP (AVOID)	LOW-FODMAP (EAT)
• Apples	• Unripe Bananas
• Apricot	• Blueberries
• Avocado	• Strawberries
• Bananas (ripe)	• Raspberries
• Blackberries	• Kiwi
• Cherries (dried)	• Pineapple
• Currants	• Oranges
• Custard apple	• Grapes
• Dates	• Papaya (Pawpaw)
• Logan	• Cantaloupe (Rockmelon)
• dried Figs	• Honeydew Melon
• Goji berries (dried)	• Passion fruit
• Peeled grapefruits	• Dragon fruit (Pitaya)
• Guava (unripe)	• Starfruit (Carambola)
• Jackfruit (dried)	• Tangerines
• Melon, honey due	• Rhubarb
• Nectarine	• Lemons
• Paw Paw	• Limes
• Peach (all types)	• Guava (only the ripe ones)
• Pear (except prickly)	• Gooseberries
• Persimmon	• Cranberries
• Pineapple (dried)	• Boysenberries
• Plum (black and diamond types)	• Currants
• Pomegranate	• Mandarin
• Prunes	
• Raisins	
• Rambutan	
• Raspberry	
• Sultanas	
• Tamarillo	
• Watermelon	

HIGH & LOW FODMAP VEGETABLES FOR IBS

HIGH-FODMAP (AVOID)	LOW-FODMAP (EAT)
• Artichoke (globe, Jerusalem, and pickled)	• Carrots
• Asparagus	• Eggplant (Aubergine)
• Beetroot	• Zucchini (Courgette)
• Bitter Melon	• Green beans
• Black Garlic	• Bell peppers (Capsicum)
• Broccoli (stalks only)	• Cucumbers
• Broccolini (whole)	• Lettuce
• Brussel sprouts	• Spinach
• Butternut squash	• Kale
• Babbage, savoy	• Choy sum
• cauliflower	• Bok choy (Pak choi)
• Celery	• Alfalfa sprouts
• Chilli (ancho, chipotle)	• Bamboo shoots
• Corn kernels, canned	• Bean sprouts
• Garlic	• Chives
• Indian gooseberry	• Ginger
• Karela	• Parsnips
• Kimchi	• Potatoes
• Leek (bulb)	• Radishes
• Lotus root (dried)	• Turnips
• Mangetout	
• Mushroom (button, enoki, porcini, portobello, shiitake, and black chanterelle)	
• Onions (Spanish, white, spring, and pickled onions)	
• Peas	
• Pumpkin (butternut)	
• White cabbage, sauerkraut	
• Yucca root	

HIGH & LOW FODMAP CEREALS & RICE

FOR IBS

HIGH-FODMAP (AVOID)	LOW-FODMAP (EAT)
<ul style="list-style-type: none"> Almond meal 	<ul style="list-style-type: none"> Cornflakes (without added high FODMAP ingredients)
<ul style="list-style-type: none"> Amaranth 	<ul style="list-style-type: none"> Rice Krispies (or equivalent rice-based cereals without added high FODMAP ingredients)
<ul style="list-style-type: none"> Parley, pearl 	<ul style="list-style-type: none"> Oats (moderate amounts)
<ul style="list-style-type: none"> Burghal 	<ul style="list-style-type: none"> Quinoa flakes
<ul style="list-style-type: none"> Bran, wheat, unprocessed 	<ul style="list-style-type: none"> Buckwheat flakes (ensure they're pure buckwheat)
<ul style="list-style-type: none"> Couscous, Rice, corn, wheat 	<ul style="list-style-type: none"> Millet
<ul style="list-style-type: none"> Corn flakes 	<ul style="list-style-type: none"> Sorghum flakes
<ul style="list-style-type: none"> Flakes of Rice with psyllium 	<ul style="list-style-type: none"> Puffed rice
<ul style="list-style-type: none"> Flakes of wheat, barley, oats 	<ul style="list-style-type: none"> Puffed corn
<ul style="list-style-type: none"> Flour: chestnut, Khorasan, whole wheat, amaranth, barley, coconut, einkorn, emmer, lupin, rye, Spelt, white, wheat. 	<ul style="list-style-type: none"> Basmati rice
<ul style="list-style-type: none"> Freekeh 	<ul style="list-style-type: none"> Jasmine rice
<ul style="list-style-type: none"> Grains, rye 	<ul style="list-style-type: none"> White rice
<ul style="list-style-type: none"> Muesli: most types 	<ul style="list-style-type: none"> Brown rice (in moderation due to higher fiber content)
<ul style="list-style-type: none"> Noodles, wheat 	
<ul style="list-style-type: none"> Oatmeal 	<ul style="list-style-type: none"> Wild rice
<ul style="list-style-type: none"> Pasta: Gnocchi, Wheat pasta, Split. 	<ul style="list-style-type: none"> Red rice
<ul style="list-style-type: none"> Raisin toast 	<ul style="list-style-type: none"> Black rice (Forbidden rice)
<ul style="list-style-type: none"> Semolina, fine 	
<ul style="list-style-type: none"> Spelt, kernels 	
<ul style="list-style-type: none"> Wheat bran, pellets 	
<ul style="list-style-type: none"> Wheat germ, raw 	
<ul style="list-style-type: none"> wheat grain, raw, sprouted 	
<ul style="list-style-type: none"> Whole wheat grain biscuit 	

HIGH & LOW FODMAP DIARY FOR IBS

HIGH-FODMAP (AVOID)	LOW-FODMAP (EAT)
• Cow milk	• Lactose-free milk
• Goat milk	• Lactose-free yogurt
• Sheep milk	• Lactose-free ice cream
• Soy milk made with soybeans	• Hard cheeses (e.g., Cheddar, Parmesan, Swiss)
• Buttermilk	• Brie
• Cream	• Camembert
• Custard	• Feta cheese (in small amounts)
• Greek yogurt	• Mozzarella cheese
• Ice cream	• Butter (contains minimal lactose)
• Sour cream	• Ghee (clarified butter)
• Yogurt	• Almond milk (ensure it's without added high FODMAP ingredients)
• Cream cheese	• Macadamia milk
• Ricotta cheese	• Hemp milk

HIGH & LOW FODMAP OTHERS FOR IBS

HIGH-FODMAP (AVOID)	LOW-FODMAP (EAT)
• Hommus dip	• Eggs
• Jam (mixed berries)	• Chicken (without added marinades or sauces)
• Pasta sauce (cream-based)	• Beef
• Relish	• Pork
• Tzatziki dip	• Lamb
• Agave	• Fish (e.g., salmon, trout, tuna)
• Honey	• Shellfish (e.g., shrimp, crab, lobster)
• Inulin	• Tofu (firm varieties)
• Isomalt	• Walnuts
• Maltitol	• Macadamia nuts
• Mannitol	• Peanuts
• Sorbitol	• Pine nuts
• Xylitol	• Chia seeds
• Coconut water	Tea (e.g., green, peppermint, white, black – but be cautious with quantity)
• Apple juice	• Red wine
• Pear juice	• White wine
• Mango juice	• Sparkling wine
• Sodas with high fructose corn syrup	• Beer (in moderation)
• Fennel tea	• Vodka
• Herbal Tea (Strong)	• Gin
• Ciders.	• Whiskey
• Cocktails	• Rum
• Mixers	• Olive oil
• Sweet wines	• Coconut oil
• High fructose corn syrup	• Butter
• Diet alcohols (contain artificial sweeteners)	