



FODMAP Label Reading Guide

Use this label reading guide to identify common high FODMAP and low FODMAP ingredients. The green boxes are low FODMAP ingredients and safe to eat. The red and orange are high FODMAP and should be avoided during the elimination phase.

Breads, Flours & Pastas

Amaranth flour	Lupin
Besan//chickpea flour	Soy flour
Barley	Wheat bran/flour
Coconut flour	Wheat breads
Einkorn	Gluten-free bread with high FODMAP ingredients
Emmer	Wheat pasta
Gram flour	
Khorasan (kamut) flour	
Lentil flour	

Corn flour (2/3 cup)	
Buckwheat flour (2/3 cup)	
Bran (2 tbsp)	
Oats (2 tbsp)	
Millet flour (2/3 cup)	
Tapioca flour/starch (2/3 cup)	

Spelt sourdough	
Wheat sourdough	
FODMAP certified breads e.g. Alpine, Bakers Delight	
Gluten-free bread with no high FODMAP ingredients	
Gluten-free pasta	

Milk & Milk Alternatives

All animal products e.g. cow, sheep & goat	
Buttermilk	
Custard	
Ice cream	
Evaporated milk	
Condensed milk	
Yogurt	
Milk Solids/milk curds	
Whey protein concentrate	
Soy milk made with soy beans	
Oat milk	



Cream	
Sour cream	
Marscapone	
Cream cheese	
Ricotta	
Cottage cheese	
Cream Fraiche	
Quark	
Haloumi	
Coconut milk	

Lactose free dairy*	
Non dairy yogurts*	
Cheese	
Soy milk made with soy protein	
Rice milk	
Almond milk	
* check for inulin & high FODMAP fruit flavours & sweeteners	



Sweeteners



Apple juice	
Agave syrup	
Dried fruit pieces	
Fructose	
Fruit concentrate	
Fruit sugar	
Fructo-oligosaccharides	
Glucose-fructose syrup	
High fructose corn syrup	
Honey	
Isoglucose	
Isolated Fructose	


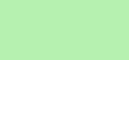
Erythritol (E420)	
Isomalt (E953)	
Maltitol (E956)	
Mannitol (E421)	
Sorbitol (420)	
Xylitol (E967)	
Molasses (suspected)	
Yacon syrup (suspected)	

Table sugar, brown sugar, caster sugar, powdered/icing	
Sugar	
Rice malt syrup	
Pure maple syrup	
Stevia	
Sucralose/splenda	
Equal	

Spices & Others

Inulin	
Chicory root extract/fiber	
Vegetable fibre	
Garlic/onion powder	
Dehydrated vegetables	

All fresh and dried herbs and spices (no added onion/garlic powder),	
Cellulose	
Carrageenan	
Guar gum	
Locust bean gum	

Pectins	
Psyllium	
Rice / oat bran	
Soy sauce	
Xanthan gum	
Wheat glucose syrup	
Wheat starch	