|  |  |  |
| --- | --- | --- |
| **Fermentable carbohydrate type** | **High amounts found in these foods** | **Low amounts found in these foods** |
| **O**ligosaccharides  (Fructans and Galactans) | artichokes, garlic, leek, onion, shallots, wheat, rye, barley, chickpeas, lentils, cabbage, broccoli, kidney beans | bokchoy, carrot, celery, capsicum, lettuce, tomato, eggplant, green beans, pumpkin |
| **D**isaccharides  (Lactose) | milk, ice-cream, custard, dairy desserts, condensed and evaporated milk, milk powder, yoghurt, soft unripened cheeses (eg. ricotta, cottage, cream, marscarpone) | lactose free milk (rice, soy), mature hard cheese, feta, brie, camembert, butter |
| **M**onosaccharides  (Fructose) | honey, apples, mango, pear, watermelon, high fructose corn syrup | maple syrup, golden syrup, ripe banana, raspberry, kiwi fruit, grapes, orange, blueberry, lemon, lime, passionfruit, strawberries |
| **P**olyols  (Sugar alcohols) | apples, apricots, nectarines, pears, plums, prunes, mushrooms, lychee, cauliflower, snow peas, gums and mints containing artificial sweeteners (sorbitol, mannitol, xylitol) | banana, blueberries, kiwifruit, lemon, lime, orange, passion fruit, raspberries, sugar, glucose and other sweeteners not ending in ‘ol’ |

***Table adapted from: Gibson, Shepard. Evidence-based dietary management of functional gastrointestinal symptoms: The FODMAP approach. Journal of Gastroenterology and Hepatology 25 (2010) 252-258***