

Where can FODMAPs be found?

FODMAPs appear in a range of foods including wheat, certain fruit and vegetables and some milk-based products. In Western Europe oligo-saccharides such as 'fructans' and the mono-saccharide, 'fructose', are the most common FODMAPs in the diet, with wheat thought to be the largest contributor of fructans in the UK.

Disaccharides

Lactose

Milk, custard, ice cream and yogurt



Oligosaccharides

Fructans, galacto-oligosaccharides

Wheat, barley, rye, onion, leek, white part of spring onion, garlic, shallots, artichokes, beetroot, fennel, peas, chicory, pistachio, cashews, legumes, lentils and chickpeas



Monosaccharides

Free fructose (fructose in excess of glucose)

Apples, pears, mangoes, cherries, watermelon, asparagus, sugar snap peas, honey, high-fructose corn syrup



Polyols

Sorbitol, mannitol, maltitol, xylitol

Apples, pears, apricots, cherries, nectarines, peaches, plums, watermelon, mushrooms, cauliflower, sugar free chewing gum/ mints/sweets



Data taken from Shepherd SJ, Lomer MCE, Gibson PR, Rome Foundation Working Group: Short-chain carbohydrates and functional gastrointestinal disorders; Am J Gastroenterol; 2013, 108: 707-717