



It is recognised that avoidance of certain complex compounds within common foodstuffs may have a part to play in the symptomatic management of Irritable Bowel Syndrome. These compounds are Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols (FODMAP)

Such compounds are found in:

Fruits

Apples, Cherries, Nectarines, Blackberries, Plums, Peaches, Apricots, Mango, Pears, Nectarines, Pears, Prunes, Watermelon, Dried fruit or Fruit juice

Vegetables

Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Onions and Peas, Artichokes, Asparagus, Avocado, Beetroot, Garlic, Fennel, Leeks, Mushrooms, Okra, Sugar snap peas

Pulses and Beans

Baked beans, Chickpeas, Lentils, Kidney beans

Artificial sweeteners

Fructose, High fructose corn syrup, Isomalt, Maltitol, Mannitol, Sorbitol, Xylitol

Lactose containing foods

Milk (cow, goat, sheep), Custard, Ice cream, Margarine, Soft cheese, including cottage cheese and ricotta, Yoghurt