

## 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, pudding,  
ice cream and yogurt



### Oligosaccharides

Fructans, galacto-oligosaccharides

Wheat, barley, rye, onions, leeks,  
the white part of a spring onion, garlic,  
shallots, artichoke, beetroot, fennel, peas,  
chicory, pistachios, cashew nuts, beans,  
lentils and chickpeas



### Monosaccharides

Free fructose (fructose in addition to glucose)

Apples, pears, mangos, cherries,  
watermelons, asparagus, sugar snap  
peas, honey, glucose-fructose syrup  
(high-fructose corn syrup, HFCS)



### Polyols

Sorbitol, mannitol, maltitol, xylitol

Apples, pears, apricots,  
cherries, plums, water-  
melons, mushrooms,  
cauliflower, sugar-free  
chewing gum/mints/candy



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