

High FODMAP ingredients to watch out for when reading food labels

Oligosaccharides: Fructans & GOS	Disaccharides: Lactose	Monosaccharides: Fructose	Polyols
Garlic/ garlic salt/ garlic powder/ garlic extract	Milk	Fructose	Sorbitol (E420)
Onion/ onion salt/ onion powder/ onion extract	Milk powder	Honey	Mannitol (E421)
Inulin	Lactose	High fructose corn syrup	Xylitol (E967)
Chicory/ chicory root extract/ chicory root powder	Whey powder	Agave syrup	Erythritol
Wheat	Whey protein	Fruit juice	Maltitol (E956)
Rye	Buttermilk cream	Fruit juice concentrate	Isomalt (E953)
Fructooligosaccharides		Fruit pieces e.g. apple	Coconut flour
Flavourings*		Molasses	
Gram flour		Fructose-glucose syrup	
Soya beans		Dried fruit	
Dehydrated vegetables*		Coconut flour	
Chicken salt*			
Vegetable salt*			
Vegetable powder*			
Spices *			
Coconut flour			
Lupin			
Khorsan/Kamut			
Emmer			
Amaranth			
Barley			
Einkorn			
Chestnut flour			
Spelt			

*Flavourings in savoury foods often contain onion/ garlic