

## ***Label Reading***

Reading labels is one of the trickiest parts of the low FODMAP diet! I recommend that you limit processed foods during the elimination phase but it is impossible to avoid packaged foods completely. You have to become an excellent detective at spotting the FODMAPs as well as other possible gut irritants. They sometimes sneak in where you least expect it.

On food labels, keep in mind that ingredients are listed in order of weight. This means the first ingredient is in the largest quantity and the last ingredient is in the lowest quantity. If you are unsure about a product, you can phone the food manufacturer.

The follow list is based on the most current information available and is subject to change as more foods are analyzed. Please note that some of the foods have not yet been tested for FODMAPs. If you have questions, you can email me a photos of the label and I will have a look.



## ***Low FODMAP ingredients:***

Asafoetida	Icing sugar
Aspartame	Invert sugar
Baker's yeast	<b>Locust bean gum</b>
Baking powder	Malt extract
Baking soda	Maltodextrin
Barley malt	Maltose
Beet sugar	Maple syrup
Berry sugar	Modified food starch
Black pepper	Palm sugar
Brown sugar	<b>Pectin</b>
Brown sugar	Raw sugar
Buckwheat flour	refined sugar
Cane juice crystals	Resistant starch
Cane sugar	Rice malt
Castor sugar	Rice protein
<b>Cellulose</b>	Rice protein
Cocoa powder <3tsp	Saccharine
Corn syrup and corn syrup solids*	Soy lecithin
Cultured corn syrup	Soybean oil
Dehydrated sugar and juice	Soy protein isolate
Dextrose	soy sauce
Egg Protein	Stevia
Erythritol	Sucrose
Glucose	Wheat dextrin
Glucose syrup	Wheat maltodextrin*
Golden syrup	Wheat starch
Granulate sugar	Whey protein isolate
<b>Guar gum</b>	White sugar
High-maltose corn syrup	<b>Xanthan Gum</b>

***Highlighted foods are low FODMAP but can be fermented in our gut which means that some people with IBS may have additional issues with them not related to FODMAPs.***

## ***High FODMAP ingredients:***

Agave syrup	Inulin
Apple juice	Isolated fructose
All purpose flour	Isoglucose
Beet fibre	Isomalt
Bulgur wheat	Lactitol
Buttermilk	Lactose
<b>Chicken salt</b>	Lactulose
Chicory root extract	Kauut
Coconut flour	Maltitol
Concentrated fruit juice	Mannitol
Crystalline Fructose	Milk
<b>Dehydrated vegetables</b>	Milk curd
Dry milk solids	Milk solids
Erythritol	Molasses
Fructo-oligosaccharides (FOS)	<b>Natural flavour</b>
Fructose	Onion powder
Fructose-blucose syrup	Onion extract
Fructose solids	Pear juice
Fructose syrup	Polydextrose
Fruit juice concentrate	Sorbitol
Fruit sugar	Soy flour
Garlic powder	<b>Spices</b>
Garlic extract	Testured vegetable protein
Glucose-fructose syrup	Whey protein concentrate (unless labelled lactose free)
Glycerine/glycerol	Whey protein hydrolysate (unless labelled lactose free)
High fructose corn syrup (HFSC)	Xylitol
Honey	
Hydrolyzed Whey Protein (unless labelled lactose free)	

**Highlighted ingredients may contain onions and garlic.**