



Thank you for helping me AVOID the following foods!

Wheat Based Foods

Beans / Legumes

Specific Dairy: buttermilk, cream cheese, ricotta, cream, milk, sour cream, evaporated milk, ice cream

Vegetables: asparagus, cauliflower, mushrooms, peas

All Forms of onion, leeks, shallots & garlic (*also in marinades, dressings, spice mix*)

Nuts: cashews, pistachios

Fruits: apples, cherries, mango, figs, peaches, pears, plums, watermelon

Sweeteners: agave, honey, sorbitol, erythritol, mannitol, any "-ol" sugar, high fructose corn syrup

●**Others:** _____

This is NOT a food allergy, so I do NOT need to avoid cross-contamination. I am following a medically mandated low FODMAP diet for my gut health.

Thank you for your assistance!

For More Info Visit: FODMAPEveryday.com