



## Low-FODMAP

- Beet sugar
- Brown sugar
- Cane sugar
- Invert sugar
- Table sugar
- Palm sugar
- Dextrose
- Sucralose
- Stevia
- Corn syrup
- Glucose syrup
- Maple syrup (pure)
- Rice malt syrup
- *Monk fruit - not tested but possibly low-FODMAP*

# THE FODMAP SUGAR GUIDE

LOW and HIGH FODMAP List of Sugars & Sweeteners

## HIGH-FODMAP

- Fructose
- High fructose corn syrup
- Fruit sugar
- Palm sugar
- Agave syrup
- Honey\*\*
- Polyols (xylitol, sorbitol, etc.)
- Inulin a.k.a. inulin fiber, chicory root fiber, chicory root extract

## \*\*Moderate to High-FODMAP

- Honey - LOW only at 1 tsp of honey or 1/2 tsp of clover honey
- Golden syrup - LOW only at 1 tsp
- Coconut sugar - LOW only at 1 tsp
- Yacon syrup is currently untested but might be high-FODMAP