

# FODMAP Diet Guide (India Specific)

by MarwahMedicine.com

Avoid (High FODMAP)		Alternatives (Low FODMAP)	
✗	Milk (cow, buffalo)	✓	Lactose-free milk / Almond milk
✗	Dahi, Lassi	✓	Lactose-free curd / Coconut yogurt
✗	Paneer, Cream-based sweets	✓	Tofu, Vegan sweets
✗	Wheat roti, Paratha	✓	Gluten-free roti (Jowar/Bajra/Rice flour)
✗	Onion, Garlic	✓	Asafoetida (hing), Garlic-infused oil
✗	Apples, Mangoes, Chikoo	✓	Papaya, Banana, Oranges
✗	Mango juice, Apple juice	✓	Lemon water, Fresh coconut water
✗	Cauliflower, Mushrooms	✓	Pumpkin, Carrot, Lauki
✗	Ice cream, Rabri, Rasmalai	✓	Lactose-free or vegan kulfi
✗	Sugar-free gum, candies	✓	Jaggery or Stevia-sweetened treats

## Oligosaccharides (Fructans & Galacto-oligosaccharides)

- Wheat, maida (refined flour), sooji
- Onion (esp. raw), garlic
- Asparagus, artichoke, chicory (rare but in some health foods)
- Inulin in low-carb products

## Disaccharides (Lactose)

- Milk (cow, buffalo)
- Dahi (curd), lassi
- Paneer (esp. fresh or homemade)
- Ice cream, milk-based sweets like rasmalai, rabri

## Monosaccharides (Excess Fructose)

- Apples, mangoes, guavas, sapota (chikoo), watermelon
- Honey, packaged juices with HFCS

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## **Polyols (Sorbitol, Mannitol, Xylitol)**

- Apples, pears, jamun, lychee
- Cauliflower, mushrooms, snow peas
- Sugar-free chewing gums, lozenges

## **Example of a High-FODMAP Indian Meal**

- Onion-garlic-rich curry
- Paratha made with maida or wheat
- Rasmalai or milk-based mithai
- Mango juice or chikoo shake

## **Low FODMAP Alternatives (India Specific)**

- Milk -> Lactose-free milk / Plant-based milk (soy, almond)
- Onion & garlic -> Use asafoetida (hing), chives, or garlic oil
- Wheat -> Gluten-free atta (rice flour, jowar, bajra)
- Fruits -> Papaya, banana, citrus fruits
- Yogurt -> Lactose-free dahi or vegan curd (coconut/almond-based)



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