

Low Sucrose & Starch Diet



FOOD GROUP**EAT****LIMIT****AVOID****Grains & Starches**

≤ 1 serving/day: Whole-grain bread or oatmeal

≤ 1 serving/day: Whole-grain rice or whole-grain pasta*

**If whole grains worsen symptoms: smaller portions of white rice or regular pasta are allowed.*

Processed: Breakfast cereals, white bread

Starches/roots: Potatoes, sweet potatoes, corn, yams, cassava

Avoid sucrose (table sugar) and foods with added sugar (read labels)

Fruits

Berries: Blueberries, strawberries, blackberries, boysenberries, cranberries, currants, gooseberries, loganberries, raspberries

Citrus: Lemons, limes

Other: Avocado, cherries, figs, grapes, kiwi, olives, papaya, pears, pomegranates, prunes, rhubarb

Moderate sucrose fruits: Persimmons, plums, raisins, watermelon

Higher sucrose fruits: Apples, apricots, bananas, cantaloupe, dates, grapefruit, guava, honeydew melon, nectarines, oranges, peaches, pineapple, tangelos, tangerines

FOOD GROUP

EAT

LIMIT

AVOID

Vegetables & Legumes

***Low Sucrose/Carb**
FODMAPs: Broccoli, brussel sprouts, cabbage, cauliflower, artichokes, asparagus

Leafy/greens: Arugulas, chard, chicories, collard greens, cress, endive, kale, lettuce, mustard green, spinach

Nightshades: Eggplant, peppers, tomatoes

Squash: Spaghetti squash, yellow squash, zucchini

Other veg: Alfalfa sprouts, bamboo shoots, bok choy, celery, chives, cucumber, green beans, mushrooms, mung bean sprouts, radishes, turnips

**Can cause GI symptoms for some. Eat to tolerance.*

Soy foods: Edamame, tofu, tempeh
Other veg: okra, pumpkin, jicama, leeks, snow peas, yellow wax beans

High Sucrose/Carb
FODMAPs: Garlic, onion

Beans/legumes: Black beans, black-eyed peas, chickpeas, green peas, lentils, kidney beans, lima beans, navy beans, pinto beans, soybeans, split peas

Other veg: Beets, carrots, parsnips, butternut

Protein + Dairy + Fats

Protein: Pork, beef, lamb, fish, turkey, chicken, eggs (no restrictions)

Dairy: No restrictions; opt for natural w/ no sugar added

Fats: Butter and oils (no restrictions)

Processed meats: If treated with sugar or starch (bacon, sausage)

Dairy alternatives: Oat or soy milk

Margarine

FOOD GROUP

Drinks, Snacks, & Seasonings

EAT

Drinks: Sugar-free soda; homemade juice made only from "Eat" fruits

Snacks: Nuts/seeds
Seasonings: salt/pepper/fresh herbs

LIMIT

Soy foods: Edamame, tofu, tempeh

Other veg: Okra, pumpkin, jicama, leeks, snow peas, yellow wax beans

AVOID

Sugary snacks/drinks, sucrose-containing foods

