

<b>F</b>	<b>Fermenteerbare</b>	
<b>O</b>	Oligosachariden	Tarwe, gerst, rogge, ui, prei, look, pistache, ...
<b>D</b>	Disachariden	Melk, mosterd, ijs en yoghurt, ...
<b>M</b>	Monosachariden	Appels, peren, mango, watermeloen, honing, ...
<b>A</b>	And	
<b>P</b>	Polyolen	Appels, peren, kersen, abrikozen, champignons, pruimen, ...