

Low-FODMAP Foods

Vegetables

- Alfalfa sprouts
- Bamboo shoots
- Bean sprouts
- Beets (limit 4 slices)
- Bell peppers
- Bokchoy
- Broccoli (limit ½ cup)
- Brussel sprouts
- Butternut squash (limit ½ cup)
- Carrots
- Cassava/yuca
- Celery (limit to 1 stick)
- Cherry tomatoes
- Chili
- Chives
- Corn (half a cob)
- Cucumber
- Eggplant
- Endive
- Fennel
- Ginger
- Green beans
- Green peas (limit ½ cup)
- Kale
- Leeks
- Lettuce
- Olives
- Parsnip
- Peas, cooked (limit ⅓ cup)
- Pickles (without sugar)
- Potato, white
- Pumpkin (limit ½ cup)
- Radish
- Sauerkraut (limit ½ cup)
- Scallions (green part only)
- Seaweed (nori)

- Spinach
- Spring onion (green part only)
- Summer squash
- Sweet potato (limit ½ cup)
- Swiss chard
- Taro
- Tomato
- Turnip
- Water chestnuts
- Zucchini

Fruit

- Avocado (limit ¼)
- Banana (small, ripe is best)
- Blueberries
- Cantaloupe
- Cherries (limit 3)
- Cranberries
- Grapefruit
- Grapes (10-15/serving)
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Lychee (limit 5)
- Mandarin
- Orange
- Papaya
- Passion fruit
- Pineapple
- Plantain (green)
- Pomegranate (limit 1 cup)
- Raspberries
- Rhubarb
- Strawberries
- Tamarind
- Tangelo

Protein Foods

(Organic and grass-fed is best)

- Beef
- Chicken
- Eggs
- Fish
- Lamb
- Pork
- Shellfish (including prawns, crab, shrimp, etc.)
- Tempeh
- Tofu (firm, organic)
- Turkey

Nuts & Seeds

- Almonds
- Chestnuts
- Chia seeds
- Flaxseeds
- Macadamias
- Nut-butter (e.g. Almond)
- Peanut butter
- Peanuts
- Pecans
- Pine nuts
- Psyllium
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Dairy

Cheese (Organic)

- Brie
- Camembert

- Cheddar
- Cream cheese (avoid if casein tolerated)
- Feta
- Mozzarella
- Parmesan
- Swiss

Milk (Organic)

- Lactose-free (any lactose-free dairy products)
- Butter
- Ghee
- Greek yogurt
- Kefir
- Whipped cream

Non-Dairy Alternatives

- Almond milk
- Coconut milk (limit ½ cup)
- Rice milk

Grains

- Buckwheat
- Corn chips
- Gluten-free breads (made from oats, rice, corn, spelt and potato flours)
- Millet
- Oat bran
- Oats
- Polenta
- Popcorn
- Quinoa
- Rice bran
- Rice noodles
- Rice: white and brown
- Sorghum
- Sourdough
- Tapioca

Drinks

- Coffee (no milk)
- Homemade Broth (veg or other)
- Orange juice (limit ⅓ cup)
- Tea (green, oolong, black, rooibos)
- Very small amounts of wine, gin, vodka, whiskey
- Water

Condiments

- Apple cider vinegar
- Balsamic vinegar (limit 2 tbsp)
- Chutney
- Fish sauce
- Mayonnaise (homemade and store-bought organic is best)
- Mustard
- Oyster sauce
- Red wine vinegar
- Rice wine vinegar
- Shrimp paste
- Soy sauce
- Sun-dried tomatoes
- Sweet and sour sauce
- Wasabi
- Worcestershire sauce

Sweets &

Sweeteners

- Coconut flour
- Coconut sugar
- Dark chocolate (limit 1-2 oz. daily)
- Dried coconut (unsweetened)
- Maple syrup
- Stevia

Cooking Oils, Herbs and Spicing

- Oils (all generally acceptable)
- Herbs: Basil, Cilantro, Coriander, Curry leaves, Fenugreek, Lemongrass, Mint, Oregano, Parsley, Rosemary, Tarragon, Thyme.
- Spices: Allspice, Black pepper, Cardamom, Cocoa powder (unsweetened), Chili powder, Cinnamon, Cloves, Cumin, Curry powder, Fennel seeds, Five spice, Mustard seeds, Nutmeg, Paprika, Saffron, Sea salt, Star anise, Turmeric.

High-FODMAP Foods

Vegetables

- Artichoke
- Asparagus
- Cabbage
- Cauliflower
- Garlic, garlic powder
- Jerusalem artichoke
- Leeks
- Mushrooms
- Okra
- Onions, onion powder
- Raddichio
- Shallot
- Snow peas
- Sugar snap peas
- Sweet corn
- Tomato sauces & paste

Fruits

- Apples
- Apricots
- Blackberries
- Cherries
- Dried fruits
- Grapes (> 15/serving)
- Mango
- Nectarines
- Peach
- Pears
- Persimmon
- Plum
- Watermelon

Protein Foods

- Chickpeas
- Beans
- Black-eyed peas

- Lentils
- Peas, dried
- Soybeans
- Any containing breadings, gravies, stocks, broth, sauces or marinades prepared with unsafe ingredients

Nuts & Seeds

- Cashews
- Hazelnuts
- Pistachios
- Soy nuts

Dairy

- Buttermilk
- Custard
- Fresh cheese
- Ice cream
- Milk
- Ricotta
- Sour cream
- Yogurt (if contains lactose and fructose)

Non-Dairy Alternatives

- Cashew Milk

Grains

- Barley
- Chicory root
- Inulin
- Rye
- Wheat

Sweets & Sweeteners

- Agave syrup
- Artificial sweeteners
- High-fructose corn syrup
- Honey
- Isomalt
- Mannitol
- Molasses
- Sorbitol
- Sugar-free treats
- Xylitol

Drinks

- Beer
- Fruit juices
- Port wines
- Sodas
- Sweet wines

Condiments

- Salad dressings, sauces or marinades prepared with unsafe ingredients

Misc.

- Gums
- Carrageenan and other thickeners or stabilizers