

"EAT THIS, NOT THAT" FODMAPs FOOD LIST

Portion sizes are per meal/sitting. Aim to eat moderate serving sizes, even if low FODMAP (ie. not excessive amounts). For more info visit www.DietvsDisease.org

EAT THIS (LOW FODMAP)

If no serve size given then assume moderate portion size is safe (excess quantities of low FODMAP food can create high FODMAP load)

NOT THAT (HIGH FODMAP)

VEGETABLES

Alfalfa	Courgette/Zucchini	Pumpkin/Squash-	Asparagus
Arugula/Rocket	Cucumber	butternut (1/2 cup)	Artichokes
Asian & Collard greens	Edamame beans	Radish	Cauliflower
Aubergine/Eggplant	Fennel bulb or leaves	Rhubarb	Garlic
Beans, green	Ginger and Galangal	Scallion/Spring onion	Leek (white bit)
Beansprouts	Kale	(green tops)	Onions
Beetroot (1/2 cup)	Lettuce and Endive- all	Seaweed/nori	Mushrooms- all other
Bell peppers/Capsicum	types	Snow peas/Mangout	types
Broccoli	Mushrooms- tinned,	(5 pods)	Peas
Brussels sprouts (2-4	shimeji, oyster	Spaghetti squash (1	Scallions / spring
sprouts)	Okra	cup)	onions (white bit)
Cabbage	Olives, green or black	Spinach, baby and	
Carrots	(15 small))	English	
Celery and celeriac	Potato- regular	Tomatoes-	
Chard/Silverbeet	Potato- sweet potato	Turnip, Swede,	
Chilli, red or green	(1/2 potato)	Rutabagas	
Corn (1/2 cob max)	Pumpkin/Squash-	Water chestnuts	
	kent/Japanese	Yam	

FRUITS

Banana- firm/green (1	Grapes, all types	Oranges	Apples
medium)	Honeydew melon (1/2	Passion fruit	Apricot
Blueberries	cup)	Pineapple (1 cup)	Avocado (very small
Cantaloupe/Rockmelo	Kiwi fruit (2 small)	Raspberries	quantities may be
n (1/2 cup)	Lemons & Limes	Strawberries	tolerated)
Coconut- desiccated	(including juice)		Bananas, ripe
(1/2 cup)	Mandarins		Blackberries
			Cherries
			Grapefruit
			Mango
			Nectarine
			Peaches
			Pears
			Plums
			Raisins and sultanas
			Watermelon

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CEREALS, GRAINS AND FLOUR

Amaranth	Cacao powder (2 tsp)	Oats, rolled (1/2 cup)
Arrowroot	Cereal, gluten-free, no honey/dried fruit	Rice krispies (rice bubbles)
Bread, gluten-free	Corn flakes	Spirulina
Bread, true sourdough (no yeast)	Corn/maize flour	Tapioca flour
Buckwheat flour	Corn tortillas	Teff
	Muesli, fruit-free	Wheatgrass powder

Barley
Besan flour
Cereal, muesli or
granola with wheat or
dried fruit
Chick pea flour
Coconut flour
Rye flour
Soy flour
Wheat and rye flour,
includes bread, cakes,
biscuits, cookies,
muffins etc.

PASTA, RICE AND NOODLES

Noodles, konjac	Polenta	Rice, all types
Noodles, rice	Quinoa, all types	Rice noodles
Pasta, gluten-free		

Cous cous
Gnocchi
Pasta
Noodles- egg, udon,
ramen, wheat
Semolina

DAIRY AND ALTERNATIVES

Cheese- all firm varieties	Coconut milk- tinned (only small quantities)	Milk- Lactose-free, Almond, Hemp, Quinoa, Rice, Soy (made from protein)
Cheese- cottage & ricotta	Yogurt- Plain lactose- free	

Cheese- cream
cheese
Cow's milk
Goat milk
Oat milk
Sheep's milk
Soy milk made with
soy beans

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MEAT, EGGS, LEGUMES AND SOY PROTEIN

Beef	Cold cuts/ deli cuts	Lentils- canned &
Chicken	(without high FODMAP	rinsed
Lamb	ingredients added)	Lima & mung beans
Pork	Eggs	Quorn
Turkey	Chickpeas- canned &	Tempeh
Fish- including smoked	rinsed (only in tiny	Tofu- firm not silken
or gluten-free battered	amounts)	

Most sausages
Processed meats with
high FODMAP
ingredients
Baked beans
Black beans
Cannellini beans
Most bean mixes
Tofu- silken
Soy beans

NUTS AND SEEDS

Almonds	Peanuts	Walnuts
Brazil nuts	Pine nuts	Chia seeds
Hazelnuts	Pecans	Linseeds
Macadamias		Poppy seeds

Cashews
Pistachios

SWEETENERS, SAUCES AND CONDIMENTS

Butter	Miso paste	Sweet & sour sauce
BBQ sauce	Mustard	Vanilla essence
Ketchup/tomato sauce	Peanut butter	Vegemite/marmite
Golden syrup	Sweeteners- Equal,	Vinegar- apple cider,
Maple syrup	Stevia & Splenda	malt, balsamic, red
Margarine	Shrimp Paste	wine
Mayonnaise	Soy, fish & oyster sauce	Worcestershire sauce
Mint sauce & jelly		

Agave
Curry paste
Gravy mix (most)
High Fructose Corn
Syrup (HFCS)
Honey
Hummus
Inulin
Isomalt
Jam- real strawberry
and marmalade is the
exception
Maltitol and mannitol
Pasta sauces- most
Sorbitol and xylitol
Tzatziki

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SWEETS AND SNACKS

Chocolate- dark (85%
cocoa ideal)
Corn chips
Cookies/biscuits (2
pieces plain)

Jello/jelly
Potato chips/crisps-
plain salted

Popcorn
Rice crackers and rice
cakes/crispbread

Chocolate- milk and
white
Muesli bars
Dried fruit
Chips or snacks with
onion or garlic
powder
*vegetable powder
likely has onion/garlic

DRINKS (ALCOHOL AND NON-ALCOHOL)

Beer
Drinking chocolate,
cocoa, cacao but not
carob
Coffee- any without
milk

Juice- cranberry, fresh
orange, lemon, lime,
tomato
Spirits- gin, vodka &
whiskey

Tea- black, green,
dandelion and
peppermint
Water of course!
Wine- red, white and
champagne

Apple juice
Coconut water
Ciders- Apple and
pear
Cocktails- mixed
drinks likely to be an
issue
Mango juice
Pear juice
Rum
Sodas with HFCS
Some herbal tea
varieties(strong)
Wine- dessert wines

NOTE: Multiple serves of juice or alcohol will become a
high FODMAP load. Limit serving size.

FATS AND OILS, HERBS AND SPICES

All herbs and spices, fresh and dried are low FODMAP. The exception is garlic and onion.

All fats and oils are low FODMAP, including butter, avocado, coconut and peanut oil. Garlic-infused and onion-infused oils are also low FODMAP (they retain flavors without the FODMAP compounds)

For more information on the low FODMAP diet, including additional dietitian-made resources and online program, visit www.DietvsDisease.org.