

FODMAP

"FREE" FOODS

RESEARCHERS HAVE DISCOVERED THAT SOME VEGETABLES ARE SO LOW IN FODMAPS THEY CAN BE EATEN "FREELY".

THAT IS, YOU DON'T REALLY HAVE TO WORRY ABOUT THEIR FODMAP CONTENT. I'VE LISTED THEM HERE:

Alfalfa	Lettuce (iceberg)
Arugula	Lettuce (red coral)
Bamboo shoots (fresh/canned)	Lettuce (butter)
Beansprouts	Olives (black or green)
Bell Peppers (red)	Parsnip
Capsicum (red)	Potato (regular)
Carrots	Pumpkin (kent/Japanese)
Choy sum	Radish
Collard greens	Rocket
Cucumbers	Seaweed (nori)
Endive leaves	Silverbeet
Galangal	Spinach (English)
Ginger	Swiss Chard
Kale	Tomato (common)
	Witlof

(EDIT: I used to have fruits on this list, but new data indicates that all fruits are best limited to one serving per sitting, even if they have low FODMAP levels.)