

THE ULTIMATE LOW FODMAP FOOD & SHOPPING LIST

Serving size suggestions are per day & based on raw/uncooked weights unless specified. No serve size listed = Very low FODMAPs. This does not take stacking into consideration.

FRUIT

Avocado (1/8 medium avocado)
Banana- unripe/green (1 medium)
Blueberries (1/4 cup)
Breadfruit (1/2 fruit)
Cantaloupe/Rockmelon (3/4 cup)
Carambola/Star Fruit
Coconut meat (2/3 cup)
Cranberries, fresh (1/2 cup)
Cumquats/Kumquats (4 each)
Dragon fruit
Durian
Grapes, all types (6 each)
Guava, ripe
Honeydew melon (1/2 cup)
Kiwi fruit (2 small)
Lemons, juice (1/2 cup)
Limes, juice (1 cup)
Longan (2 1/2 each)
Lychee (3 each)
Mandarins/Clementines/Oranges
Mangosteen (2 medium)
Papaya, yellow
Passionfruit (2 each)
Pineapple (1 cup, chopped)
Plantain
Pomegranate (1/4 cup seeds)
Prickly pear
Rambutan (3 each)
Raspberries (30 each)
Rhubarb
Strawberries (5 each)
Tamarind (4 pieces)

GRAINS & FLOUR

Bran, Oats & Rice (2 tbsp)
Buckwheat groats
Cereal, Gluten-free* (1 cup)
Flakes of corn (1/2 cup)
Flakes of corn, gluten-free (1 cup)
Flakes of quinoa (1 cup, uncooked)
Millet, hulled (1 cup cooked)
Noodles, rice stick & brown rice
Vermicelli, all types
Oats, rolled (1/2 cup)
Oats, quick (1/4 cup)
Pasta, Gluten-free* (1 cup cooked)
Polenta
Puffed amaranth (1/4 cup)
Quinoa, all types (1 cup cooked)
Rice, all types
Soba Noodles, Buckwheat
Almond meal (1/4 cup)
Buckwheat flour (2/3 cup)
Corn/maize flour/starch
Gluten-free flour* (2/3 cup)
Millet flour (2/3 cup)
Potato flour/starch (2/3 cup)
Quinoa flour (2/3 cup)
Rice flour (2/3 cup)
Sorghum flour (2/3 cup)
Tapioca flour/starch (2/3 cup)
Teff flour (2/3 cup)
Yam flour (2/3 cup)

*Not all gluten free products are low FODMAP. Check that they are made from the foods listed here.

VEGETABLES

Alfalfa (2 cups)
Arugula/Rocket
Asian & Collard greens
Aubergine/Eggplant (1 cup)
Bamboo shoots
Beans, green (15 beans)
Beansprouts
Beetroot, canned (1/2 cup)
Beetroot, pickled
Bell peppers/Capsicum, red
Bok choy (1 cup)
Broccoli heads or whole (3/4 cup)
Broccolini, stalks or whole (1 cup)
Cabbage (3/4 cup - not savoy)
Carrots
Celeriac (1/4 each)
Champignons, canned (6 each)
Chard/Silverbeet
Chicory leaves (1/2 cup)
Chicory/Endive/Witlof (4 leaves)
Chilli, red or green (11 cm long)
Corn, sweet (1/2 cob)
Courgette/Zucchini (1/3 cup)
Cucumber
Daikon, white (1/2 cup)
Endive
Fennel bulb or leaves (1/2 cup)
Heart of palm, canned
Japanese/Kent Pumpkin
Jicama (1/2 cup)
Kabocha squash
Kale
Kohlrabi (1/2 cup, chopped)
Leek leaves
Lettuce/Romaine, all types
Mushrooms, oyster (1 cup)
Okra (6 pods)
Olives, green or black
Parsnips
Pickles/Gherkins (3 each)
Potato- white, red, purple
Potato- sweet potato (1/2 cup)
Pumpkin, canned (1/3 cup)
Radish
Sauerkraut, white (1 tbsp)
Sauerkraut, red (1/2 cup)
Scallion/Spring onion (green tops)
Seaweed/nori
Snow peas/Mangout (5 pods)
Spaghetti squash (1/2 cup)
Spinach, baby (1 1/2 cups)
Sprouts, bean
Squash, pattypan
Swede/Rutabagas (1 cup, diced)
Tomatoes, common
Tomatoes, cherry (5 each)
Tomatoes, roma (1 each, small)
Tomatoes, sundried (3 pieces)
Turnip (1/2 each)
Water chestnuts (1/2 cup)
Yam (1/2 cup, diced)

OILS

All oils; Garlic & onion infused, avocado, coconut, olive, butter, ghee, canola/rapeseed, peanut, coconut cream, etc.

DAIRY & ALTERNATIVES

Cheese- most except cream cheese & cottage, (1/2 cup, 2 slices or 2 wedges)
Coconut cream
Coconut milk, canned (1/2 cup)
Lactose free yogurt and cheese
Milk- Lactose-free, Almond, Hemp
Macadamia, Quinoa, Rice, Soy (1 cup)
Milk- oat (1/2 cup)
Select vegan cheeses (soy, coconut based)

SAUCES & CONDIMENTS

BBQ sauce (2 tbsp - without onion, garlic, or high fructose corn syrup)
Capers (1 tbsp)
Chutney (1 tbsp)
Mayonnaise (2 tbsp)
Mint sauce/jelly
Miso paste (1 tbsp)
Mustard (1 tbsp)
Pesto without garlic (2 tbsp)
Shrimp Paste (2 tsp)
Soy, fish & oyster sauce (1 tbsp)
Stocks (beef or chicken without onion, garlic, celery, etc.)
Sweet & Sour Sauce, without high fructose corn syrup (2 tbsp)
Tahini (2 tbsp)
Tamarind paste (1/2 tbsp)
Tomatoes, tinned (1/2 cup)
Tomato sauce/Ketchup (2 sachets, 1 tbsp without garlic, onion, high fructose corn syrup)
Tomato paste (2 tbsp)
Vanilla essence/extract (1 tbsp)
Vinegar- apple cider, malt, red wine, rice wine
Vinegar- balsamic (1 tbsp)
Wasabi (1 tsp)
Worcestershire sauce (2 tbsp)

PROTEINS

Any unprocessed meat, fish or eggs (without high FODMAP ingredients like onion or garlic).
Dahl- chana & urid (1/2 cup)
Chickpeas, butter and garbanzo beans- canned & rinsed (1/4 cup)
Edamame (1/2 cup)
Lentils- canned & rinsed (1/4 cup)
Mung beans, boiled (1/4 cup)
Quorn (75 grams)
Tempeh (100 grams)
Tofu, firm (2/3 cup, cubed)

BREADS

Gluten-free bread, no high FODMAP ingredients (2 slices)
Millet bread (2 slices)
Sourdough bread (2 slices, without yeast)
Corn tortillas (3 each)

SWEETS & SNACKS

Chocolate, dark, 85+% cocoa (5 squares or 30g)
Cocoa powder (1 tsp)
Corn chips (1 small pack or 50g)
Cookies/biscuits, Gluten free* (2 each)
Shortbreads (1 each)
Crackers, Gluten free* (10 each)
Jaggery (1/2 tbsp)
Jello/jelly (1/2 packet or 250ml made without high fructose corn syrup or high FODMAP fruits)
Maple syrup (2 tbsp)
Potato chips/crisps (plain, salted 1 small packet, 30g, made without onion or garlic)
Pretzels, Gluten free* (1/2 cup)
Popcorn, plain (7 cups)
Rice cakes, plain (4 each)
Rice crackers (20 plain)
Rice malt syrup (1 tbsp)
Sugar, plain (1 tbsp)
Sweeteners- Equal, Monk Fruit, Stevia & Splenda (2 sachets)

BEVERAGES

Beer (1 can or 375ml)
Drinking chocolate, cocoa, cacao but not carob (2 tsp)
Coffee- black & espresso (2 shots)
Coffee- instant (2 tsp)
Juice- cranberry & tomato (200ml)
Juice- fresh orange (1/2 cup)
Spirits- gin, vodka & whiskey (30ml)
Strong Tea- green, peppermint & white (no dairy) (1 mug or 250ml)
Weak Tea- black, chai & dandelion on water (1 mug or 250ml)
Wine- red & white (5 fl oz or 150ml)

NUTS & SEEDS

Almonds, Brazil nuts, hazelnuts, pecans & walnuts (10 each)
Chestnuts (20 boiled or 10 roasted)
Coconut, Shredded (1/2 cup)
Flaxseeds/linseeds (1 tbsp)
Macadamias (20 nuts)
Peanuts (32 nuts)
Pinenuts (1 tbsp)
Seeds- chia, egusi, poppy, pumpkin sesame (2 tbsp)
Seeds- sunflower (2 tsp)

HERBS & SPICES

All herbs & spices, fresh & dried except garlic, onion or chicory