

"EAT THIS, NOT THAT" FODMAPs FOOD LIST

Aim to eat only one portion of a particular food per day to avoid stacking FODMAPs.

EAT THIS (LOW FODMAP)

Foods listed in this column can be consumed freely without worrying about FODMAP quantities.

EAT THIS IN MODERATION

Foods listed in this column can be consumed in moderation.

NOT THAT

Foods listed in this column should be avoided due to high FODMAP content.

FRUITS & VEGETABLES

Alfalfa	Mandarins	Banana, green	Honeydew	Apples	Grapes
Arugula	Mushrooms	Beetroot	melon	Apricot	Garlic
Collard greens	(only oyster)	(pickled/canned)	Jicama	Asparagus	Leeks
Beansprouts	Olives	Bell peppers	Kiwi fruit	Artichokes	Mango
Carrots	Oranges	(red)	Lemons &	Avocado	Mushrooms (all
Chard	Papaya	Blueberries	Limes	Bananas, ripe	but oyster)
Chilli, red or	Parsnip	Broccoli	Okra	Bell pepper	Nectarine
green	Potato (white)	Butternut	Pumpkin,	(green)	Onion
Cucumber	Radish	Squash	canned	Blackberries	Peaches
Dragon Fruit	Rhubarb	Cantaloupe	Passion fruit	Cauliflower	Pears
Guava	Seaweed/nori	Corn	Pineapple	Celery	Peas
Kabocha	Scallions,	Cabbage	Raspberries	Cherries	Plums
Kale	green tops	Cranberries,	Spaghetti	Cranberries,	Raisins
Lettuces, all	Spirulina	fresh	squash	dried	Watermelon
	Starfruit	Desiccated	Spinach		
		coconut	Sweet potato		
		Eggplant	Strawberries		
		Fennel leaves	Tomatoes		
		Grapefruit	Turnip		
		Green beans	Yam		
			Zucchini		

DAIRY & ALTERNATIVES

Almond Milk	Cow's milk, plain lactose-free	Cheese, cream/soft
Cheese, firm/hard	Hemp Milk	Cottage Cheese
Yogurt, plain lactose-free	Oat Milk	Cow milk
Rice Milk	Coconut milk, canned/tinned	Goat milk
		Sheep's milk
		Soy milk

PROTEINS, FATS/OILS, HERBS/SPICES

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

All animal protein are low FODMAP, except those made with high FODMAP sweeteners, onion, and garlic powders.

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).

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CEREALS, FLOUR, GRAINS, LEGUMES, NUTS, & SEEDS

Arrowroot	Quinoa, all	Almonds &	Flaxseed	Amaranth	Lentil pasta
Buckwheat	Peanuts	almond flour	Lentils, canned	Baked Beans	Noodles (egg,
flour, groats	Pine nuts	Brazil nuts	& rinsed	Barley	udon, ramen,
Corn flakes	Poppy seeds	Bread (made	Oats, rolled	Besan flour	wheat)
Corn/maize	Pumpkin seeds	from approved	Pasta/noodles	Black beans	Pistachios
flour	Rice, all types	gluten-free	(made from	Cannellini beans	Rye flour
Corn tortillas	Sunflower seeds	flours)	approved	Cashews	Semolina
Macadamia	Tapioca flour	Bread (true	gluten-free	Cereal (muesli or	Soy beans &
nuts	Teff	sourdough, no	flours)	granola with	flour
Polenta		yeast)	Pecans	wheat or dried	Tofu, silken
		Chia Seeds	Rice krispies	fruit)	Wheat flour
		Chickpeas,	(rice puffs)	Chickpea flour	(includes bread,
		canned & rinsed	Tempeh	Coconut flour	pasta, cakes,
		Edamame	Tofu (firm)	Cous cous	biscuits, cookies,
			Walnuts	Gnocchi	muffins etc.)

SWEETENERS, SAUCES, & CONDIMENTS

Butter	Margarine	Balsamic Vinegar	Agave	Jam
BBQ	Mayonnaise	Cocoa powder	Curry paste	Maltitol and
sauce/Ketchup	Shrimp Paste	Miso	Gravy mix	mannitol
(made without	Vanilla extract	Soy, fish & oyster sauce	(most)	Molasses
onion/garlic	Vegetemite	Sweet & sour sauce	High Fructose	Pasta sauces
powder & HFCS)	Vinegar (apple	Sweeteners (Equal, Stevia, Monk	Corn Syrup	(most)
Maple Syrup	cider, malt, red	Fruit, & Splenda)	(HFCS)	Sorbitol and
	wine)	Worcestershire sauce	Honey	xylitol
			Hummus	Tzatziki

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