

# "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.

Alfalfa  
Arugula/Rocket  
Asian & Collard greens  
Beansprouts  
Carrots  
Chard/Silverbeet  
Chilli, red or green  
Cucumber, common  
Kabocha/Japanese Pumpkin  
Kale  
Lettuce (Iceberg & Romaine)  
Mushrooms (only oyster)  
Olives, green or black  
Parsnip  
Potato (white)  
Radish  
Rhubarb  
Seaweed/nori  
Spirulina, powder

## EAT THIS IN MODERATION

Foods listed in this column can be consumed in moderation.

### VEGETABLES

Aubergine/Eggplant  
Beetroot (pickled/canned)  
Bell peppers (red & orange)  
Broccoli  
Butter Lettuce  
Cabbage  
Butternut Squash  
Corn  
Courgette/Zucchini  
Fennel bulb or leaves  
Green beans  
Jicama  
Okra  
Pumpkin, canned  
Scallions (green tops, only)  
Spaghetti squash  
Spinach  
Sweet potato  
Tomatoes, all  
Turnip  
Yam

## NOT THAT

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

Asparagus  
Artichokes  
Bell pepper (green & yellow)  
Cauliflower  
Celery and celeriac  
Garlic  
Leek (white part)  
Onion  
Mushrooms (all other types)  
Peas

### FRUITS

Dragon Fruit  
Durian  
Guava  
Papaya  
Prickly Pear  
StarFruit

Banana- firm/green  
Blueberries  
Grapefruit  
Cantaloupe/Rockmelon  
Cranberries, fresh  
Desiccated coconut  
Honeydew melon  
Kiwi fruit  
Lemons & Limes  
Mandarins  
Oranges  
Passion fruit  
Pineapple  
Raspberries  
Strawberries

Apples  
Apricot  
Avocado  
Bananas, ripe  
Blackberries  
Cherries  
Cranberries, dried  
Grapes  
Mango  
Nectarine  
Peaches  
Pears  
Plums  
Raisins and sultanas  
Watermelon

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### CEREALS, GRAINS, NUTS, SEEDS, & FLOUR

Arrowroot  
Buckwheat flour, groats  
Corn flakes  
Corn/maize flour  
Corn tortillas  
Macadamia nuts  
Polenta  
Quinoa, all types  
Peanuts  
Pine nuts  
Poppy seeds  
Pumpkin seeds  
Rice, all types  
Sunflower seeds  
Tapioca flour  
Teff

Almonds and almond flour  
Brazil nuts  
Bread (made from approved gluten-free flours)  
Bread (true sourdough, no yeast)  
Chia Seeds  
Flaxseed/linseed  
Oats, rolled  
Pasta/noodles (made from approved gluten-free flours)  
Pecans  
Rice krispies (rice puffs)  
Walnuts

Amaranth  
Barley  
Besan flour  
Black bean pasta  
Cashews  
Cereal (muesli or granola with wheat or dried fruit)  
Chickpea flour  
Coconut flour  
Cous cous  
Gnocchi  
Lentil pasta  
Noodles (egg, udon, ramen, wheat)  
Pistachios  
Rye flour  
Semolina  
Soy flour  
Wheat flour (includes bread, pasta, cakes, biscuits, cookies, muffins etc.)

### MEAT, EGGS, LEGUMES AND SOY PROTEIN

Beef  
Chicken  
Cold cuts/ deli cuts (without high FODMAP ingredients added)  
Eggs  
Fish  
Lamb  
Pork  
Turkey

Chickpeas, canned & rinsed  
Edamame beans, noodles  
Lentils, canned & rinsed  
Lima & mung beans  
Quorn  
Seitan  
Tempeh  
Tofu (firm)

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

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### DAIRY AND ALTERNATIVES

Almond Milk  
Cheese, firm/hard  
Yogurt, plain lactose-free  
Rice Milk

Cow's milk, plain lactose-free  
Hemp Milk  
Oat Milk  
Coconut milk, canned/tinned

Cheese, cream/soft  
Cottage Cheese  
Cow milk  
Goat milk  
Sheep's milk  
Soy milk

### SWEETENERS, SAUCES, & CONDIMENTS

Butter  
BBQ sauce (made without onion/garlic powder & HFCS)  
Ketchup/tomato sauce (made without onion/garlic powder & HFCS)  
Maple syrup  
Margarine  
Mayonnaise  
Shrimp Paste  
Vanilla essence/extract  
Vegemite/marmite  
Vinegar (apple cider, malt, red wine)

Balsamic Vinegar  
Cocoa powder  
Miso  
Soy, fish & oyster sauce  
Sweet & sour sauce  
Sweeteners (Equal, Stevia, Monk Fruit, & Splenda)  
Worcestershire sauce

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

### FATS AND OILS, HERBS AND SPICES

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

Corn chips  
Popcorn  
Potato chips/crisps (plain, salted)  
Pretzels, made with approved gluten free flours  
Rice crackers/cakes/crispbread

Chocolate (dark, 70%+ cocoa ideal)  
Jello/jelly/gelatin

Baked goods (biscuits, cookies, cakes, pretzels, etc) made from wheat flour  
Chocolate, milk and white Muesli bars  
Dried fruit  
Chips or snacks with onion or garlic powder

### DRINKS (ALCOHOL AND NON-ALCOHOL)

Coffee (any without milk)  
Tea (green, peppermint, ginger, licorice, roibos)  
Water, of course!  
Soda, diet/artificially sweetened  
Sparkling water/soda water

Beer  
Drinking chocolate (cocoa, cacao but not carob)  
Juice, fresh (cranberry, lemon, lime, orange)  
Spirits (gin, vodka & whiskey)  
Tea (black, chai, dandelion, kombucha,  
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  
Tea (chamomile, fennel)  
Wine (dessert wines)

## REFERRAL PROGRAM: HELP BUILD THE DIET VS DISEASE COMMUNITY

Let's work together to support more women to reverse digestive issues and live their best lives! Plus you can make back your entire investment for this program. Learn more here: [www.dietvsdisease.com/opportunity](http://www.dietvsdisease.com/opportunity).

Alternatively, use the camera on your phone or iPad to scan the QR code to open the page.

