

FODMAP "FREE" FOODS

The following foods are either zero FODMAP or contain only trace FODMAPs meaning they can be eaten freely and according to appetite (and according to your energy requirements)

Arugula	Jalapeno (pickled only)*	Potato (regular)
Bamboo shoots (fresh/canned)	Jelly/Jello (sugar/gelatin & artificially sweetened)	Potato chips (plain)
Bean sprouts	Kohlrabi	Prickly pear
Blueberries+	Lactose free milk	Radish
Breadfruit	Lettuce (iceberg)+	Rhubarb
Canned baby corn	Lettuce (red coral)	Rice
Carrots	Macadamia nuts	Rocket
Cheese (hard, cheddar, 40g)	Maple syrup	Seaweed (nori)
Chestnuts	Mayonnaise (check ingredients)	Silverbeet
Chia seed	Mung bean sprouts	Spices (check Monash for types)*
Choy sum	Mustard (most)	Spinach (English)^
Coffee*	Nutritional yeast	Squash (button/patty pan)
Collard greens	Olives (black or green)	Starfruit / Carambola
Corn chips (plain)	Orange marmalade (check ingredients)	Stevia
Dragon fruit	Oyster mushrooms	Sugar
Durian	Papaya	Swiss Chard
Endive leaves	Parsnip	Table sugar
Flour (gluten free: sorghum, rice, teff, buckwheat, maize, millet, arrowroot)	Pasta (gluten free)*	Tea (check Monash for types)
Ginger root	Peanuts	Tigernut
Gourd (bitter, pointed, spiny)	Peanut butter	Tomatillos (canned only)
Guava (ripe only)	Pickled beetroot	Vanilla (bean/essence)
Herbs (check Monash for types)	Plantain	Watercress
Heart of palms (Canned)	Popcorn (plain/butter)	Witlof

All animal based protein sources are low FODMAP (chicken, turkey, fish, eggs, beef, lamb, pork etc) **unless** processed with FODMAP containing ingredients (burgers, sausages, marinated meats etc).

*NOTE: not all gluten free products are low FODMAP. Barilla gluten free pasta is a good option.

Caffeine may be a trigger for some people.

Spicy foods/spices may be a trigger for some people.

^Most spinach sold in stores is baby spinach which contains fructan.

+Does contain fructan but amber step is 490g/1.1lbs.