

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

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/spice may be a trigger for some people.

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