

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