

USA Low FODMAP Brands and Products

Protein Bars



Gomacro Bars

Low FODMAP Flavors:

Full Size Bars:

Mocha Chocolate Chip

Peanut Butter

Granola + Coconut

Coconut + Almond butter + Chocolate chip

Sunflower butter + Chocolate

Banana + Almond Butter

Dark Chocolate + Almonds

Mini Bars:

Double Chocolate + Peanut Butter Chips

Peanut Butter Chocolate Chip

Sunflower Butter + Chocolate Chip

Coconut Almond Butter Chocolate Chip

Oatmeal Chocolate Chip

Maple Sea Salt



FODY Bars

All flavors Low FODMAP



FODMAP Bars

All flavors Low FODMAP



Atkins Protein Bar

Low FODMAP Flavors: Peanut Butter
Chocolate Flavor Only

Protein Powders/Shakes



OWYN Shakes

Low FODMAP Flavors:

Golden Mylk

Vanilla

Dark Chocolate

Cookies and Cream

Cold Brew



HUM Core Strength Protein Powder

Low FODMAP Flavors: Vanilla Only



Nuzest Pea Protein Isolate



Bulk Supplements
Whey Protein Isolate



Bulk Supplements
Pea Protein Isolate



Bulk Supplements
Soy Protein Isolate

Snacks



Schar GF Crackers



Skinny Pop



Baked Lay's Chips



Low FODMAP Flavors:
Sea Salt
Salt and Vinegar

Pop Chips



Low FODMAP Flavors:
Simply Salt
Sea Salt and Pepper
Corn- Sea Salt

Good Thins Crackers



Quinoa/Rice Crackers



Corn Flakes



Plain Cheerios

Creamer



Califia Farms Vanilla
Almond Milk Creamer



Low FODMAP Flavors:
Original
Vanilla

Nut Pods Creamer

Yogurt



Silk Almond milk Yogurt Vanilla



Fage Lactose-Free Yogurt



Green Valley Lactose-Free Yogurt

Soup Broth



Savory Choice Broth Concentrate



Massei 7's Stock Cubes

Miscellaneous



Barilla GF Pasta



Prego Sensitive Recipe Pasta Sauce