

THE ULTIMATE LOW FODMAP FOODS LIST

This is a list of Low FODMAP Foods. It includes meats, vegetables, fruits, nuts, seeds, beverages, fats and oils that are allowed on low FODMAP diet. The list also includes High FODMAP foods that should be avoided.

FRUITS

- Tangelo
- Blueberries
- Bananas
- Breadfruit
- Carambola
- Cranberries
- Cantaloupe
- Clementines
- Dragon fruit
- Tamarind
- Strawberry
- Rhubarb
- Raspberry
- Grapes
- Honeydew melon
- Kiwi
- Ripe guava
- Lemon
- Mandarin
- Orange
- Lime
- Passionfruit
- Papaya
- Pineapple
- Peeled plantain

CONDIMENTS

- Barbecue sauce
- One tablespoon of ketchup
- Fish sauce
- Maple syrup
- Oyster sauce
- Mustard

VEGETABLES

- Alfalfa
- Chili
- 1/4 cup of chickpeas
- Brussel sprouts (limit 2)
- Bamboo shoots
- 1/2 cup of broccoli
- Zucchini
- Water chestnuts
- Yam
- 1/2 cup of sweet potatoes
- Turnip
- Canned tomato
- Roma tomato
- Silverbeet / chard
- Spaghetti squash
- Baby spinach
- Sun-dried tomatoes (limit 4)
- 1/4 cup canned pumpkin
- Five pods of snow peas
- Cherry tomato
- Swiss chard
- Bean sprouts
- Bok choy
- 1/4 cup butternut squash
- One cup of cabbage
- Callaloo
- Cucumber
- Green beans
- Fennel
- Eggplant

MEATS

- Beef
- Chicken
- Pork
- Lamb
- Turkey
- Prosciutto
- Kangaroo
- Cold cuts

STARCHES

- Tortilla chips
- Popcorn
- Potato flour
- Pretzels
- Quinoa
- Basmati rice
- Gluten free bread
- Wheat free bread
- 1/4 cup cooked bulgur
- Buckwheat
- Brown rice
- Plain chips
- 1/2 cup of cornflakes
- Millet
- 1/2 cup of oatmeal
- Polenta
- Plain crackers
- 3 tortillas
- Corn flour
- 1 wheat free biscuit

SEAFOOD

- Canned tuna
- Cod
- Haddock
- Salmon
- Plaice
- Trout
- Crab
- Lobster
- Mussels
- Prawns
- Shrimp
- Oysters

NUTS & SEEDS

- Up to 15 almonds
- Chestnuts
- Up to 15 hazelnuts
- Macadamia nuts
- Brazil nuts
- Up to 15 pecans
- Egusi seeds
- Chia seeds
- Poppy seeds
- Pumpkin seeds
- Up to 15 pine nuts
- Peanuts
- Walnuts
- Sunflower seeds
- Sesame seeds

- One tablespoon of pesto
- Peanut butter
- Worcestershire sauce
- Wasabi
- Tamarind paste
- Two tablespoons of apple cider vinegar
- Soy sauce
- Vegemite
- Tomato sauce
- Two tablespoons of balsamic vinegar
- Sweet and sour sauce
- Shrimp paste
- Mayonnaise
- Miso paste
- Rice wine vinegar
- Marmite
- Jam
- Up to one tablespoon of chutney
- Rice malt syrup
- Capers in vinegar

INGREDIENTS

- Salt
- 1/2 cup of cream
- Ghee
- Lard
- Icing sugar
- Gelatin
- Cocoa powder
- Baking soda
- Baking powder
- Asafoetida powder (an onion substitute)
- Fenugreek
- Basil
- Cilantro
- Curry powder

- Carrots
- Kale
- Green bell pepper
- Chicory leaves
- 1/2 cob of corn
- Collard greens
- Okra
- Potato
- Red bell pepper
- Leek leaves
- Small serving of lentils
- Butter lettuce
- Olives
- Iceberg lettuce
- Ginger
- Chives
- Radicchio lettuce
- Parsnip
- Radish
- Scallions
- Seaweed
- Red bell pepper
- Leek leaves
- Small serving of lentils
- Butter lettuce
- Olives
- Iceberg lettuce
- Ginger
- Chives
- Radicchio lettuce
- Parsnip
- Radish
- Scallions
- Seaweed

- Spelt
- Potato flour bread
- Wheat free pasta
- Corncakes
- Sorghum
- Tapioca
- Rice flour
- Porridge
- Rice krispies
- Buckwheat noodles
- Oatcakes
- Rice noodles
- Oat based cereals
- Brown and white rice
- Wheat pasta

DAIRY

CHEESE:

- Goat cheese
- 2 tablespoons of ricotta
- Camembert
- Brie
- Cottage
- Feta
- Swiss
- Parmesan
- Mozzarella
- Cheddar

MILK:

- Up to 30 ml oat milk
- Almond milk
- Lactose free milk
- Hemp milk
- Up to 200 ml rice milk

DRINKS

- One beer
- Clear spirits (vodka)
- One glass of wine
- Gin
- Whiskey

COFFEE:

- Peppermint tea
- Weak black tea
- Green tea
- White tea
- Weak fruit and herbal tea, not including apple
- Weak chai tea

OTHER DRINKS:

- Water
- Soy milk
- Almond milk
- Up to 125 ml of safe fruit juice
- Drinking chocolate powder added to non-lactose milk
- Lemonade
- Protein supplements

- Coriander
- Gotukala
- Thyme
- Lemongrass
- Mint
- Oregano
- Pandan
- Coconut Oil
- Olive Oil
- Peanut Oil
- Parsley
- Rosemary
- Tarragon
- All spice
- Chili powder
- Nutmeg
- Cinnamon
- Cloves
- Cardamom
- Black pepper
- Cumin
- Fennel seeds
- Five spice
- Goraka
- Mustard seed
- Nutmeg
- Saffron
- Paprika
- Star anise
- Turmeric
- Avocado Oil
- Canola Oil
- Sesame Oil
- Rice Bran Oil
- Sunflower Oil
- Vegetable Oil

OTHER DAIRY ITEMS:

- Eggs
- Margarine
- Sorbet
- Butter
- Soy protein
- Dairy free chocolate
pudding
- Tempeh
- Tofu
- Whipped Cream
- Lactose free yogurt

For more information
visit: <https://dietingwell.com/low-fodmap-foods-list/>

HIGH FODMAP FOODS LIST

It is important to avoid anything including:

Garlic

Onions

VEGETABLES

- Shallots
- Scallions
- Split peas
- Artichoke
- Asparagus
- Baked beans
- Savoy Cabbage
- Soy beans
- Red kidney beans
- Leek bulb
- Sugar snap peas
- Beetroot
- Mushrooms
- Mung beans
- Black eyed peas
- Lima Beans
- Mange Tout
- Celery
- Cauliflower
- Haricot beans
- Falafel

FRUITS

- Apples
- Watermelon
- Apricots
- Raisins
- Prunes
- Pomegranate
- Blackberries
- Cherries
- Avocado
- Boysenberry
- Currants
- Dates
- Figs
- Goji Berries
- Guava
- Grapefruit
- Mango
- Peaches
- Pears
- Nectarines
- Plums
- Dried Pineapple

DAIRY

- Halmoumi cheese
- Buttermilk
- Cream cheese
- Gelato
- Ricotta cheese
- Cream
- Custard
- Ice cream
- Kefir
- Yogurt
- Sour cream
- Milk

STARCHES

PRODUCTS CONTAINING WHEAT:

- Biscuits
- Bread
- Cakes
- Croissants
- Cereal bars
- Crumpets
- Egg noodles
- Pastries
- Muffins
- Wheat bran
- Wheat cereal
- Wheat rolls
- Wheatgerm

OTHER HIGH FODMAP STARCHES TO AVOID:

- Spelt flour
- Semolina
- Rye
- Pistachios
- Muesli
- Granola
- Gnocchi
- Cous cous
- Naan
- Oatmeal bread
- Multigrain bread
- Bran cereals
- Barley
- Almond meal
- Pumpnickel bread

CONDIMENTS

- Tzatziki dip
- Tahini paste
- Artificial sweeteners
- Stock cubes
- Quince paste
- Relish
- Pesto
- Jam
- Honey
- Hummus
- High fructose corn syrup
- Fructose
- Agave

DRINKS

- Multiple beers
- Coconut water
- Fruit juices
- Fruit and herbal teas that include apple
- Orange juice
- Rum
- Sodas
- Soy milk
- Sports drinks
- Multiple glasses of wine
- Chamomile tea
- Chai tea
- Dandelion tea

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