

# THE ULTIMATE LOW FODMAPS FOOD & SHOPPING LIST

Serving sizes are per meal/sitting (not per day). Sizes are dry/raw unless specified. No serve size = no/trace amounts FODMAPs.

## FRUIT

Avocado (1/8 medium avocado)  
Banana-ripe (1/2 medium)  
Banana-unripe/green (1 medium)  
Banana-sugar/lady finger (1 firm)  
Blueberries (20 blueberries)  
Breadfruit (1/2 fruit)  
Cantaloupe/Rockmelon (1/2 cup)  
Carambola/Star Fruit  
Coconut (1/2 cup)  
Cumquats/Kumquats (4 pieces)  
Dragon fruit (1 medium)  
Durian  
Grapes, all types  
Guava-ripe  
Honeydew melon (1/2 cup)  
Kiwi fruit (2 small)  
Lemons & Limes (including juice)  
Longan (5 longans)  
Mandarin & Clementine  
Mangosteen (1 medium)  
Oranges  
Passionfruit (1 whole)  
Paw paw  
Pineapple (1 cup)  
Plantain  
Pomegranate (1/4 cup seeds)  
Prickly pear  
Rambutan (2 rambutans)  
Raspberries (10 berries)  
Rhubarb  
Strawberries  
Tamarind (4 pieces)

## CEREALS & GRAINS

Bran, Oats & Rice (2 tbsp)  
Buckwheat groats (3/4 cup)  
Cereal, Gluten-free without  
honey/dried fruit (1 cup)  
Flakes of corn (1/2 cup)  
Flakes of corn, gluten-free (1 cup)  
Flakes of quinoa (1 cup, uncooked)  
Millet (1 cup cooked)  
Noodles, rice stick & brown rice  
vermicelli (1 cup cooked)  
Noodles, soba (1/3 cup)  
Oats (1/2 cup)  
Oats, quick (1/4 cup dry)  
Pasta (1/2 cup cooked)  
Pasta, Gluten-free (1 cup cooked)  
Polenta (1 cup cooked)  
Puffed amaranth (1/4 cup)  
Quinoa, all types (1 cup cooked)  
Rice, all types (1 cup cooked)

## FLOUR

Almond meal (1/4 cup)  
Buckwheat flour (2/3 cup)  
Corn/maize flour/starch (2/3 cup)  
Gluten-free flour (2/3 cup)  
Millet flour (2/3 cup)  
Potato flour/starch (2/3 cup)  
Quinoa flour (2/3 cup)  
Rice flour (2/3 cup)  
Sorghum flour (2/3 cup)  
Tapioca flour/starch (2/3 cup)  
Teff flour (2/3 cup)  
Yam flour (2/3 cup)

## VEGETABLES

Aufalfa (1/2 cup)  
Artichoke hearts, canned (1/8 cup)  
Arugula/Rocket  
Asian & Collard greens  
Aubergine/Eggplant (1/2 cup)  
Bamboo shoots  
Beans, green (12 beans)  
Beansprouts  
Beetroot (2 slices)  
Bell peppers/Capsicum (1/2 cup)  
Broccoli heads or whole (1 cup)  
Broccolini, stalks or whole (1/2 cup)  
Brussels sprouts (2 sprouts)  
Cabbage (1 cup - not savory)  
Carrots  
Celery (5 cm stalk)  
Celeriac (1/2 medium piece)  
Champignons, canned (1/2 cup)  
Chard/Silverbeet (1 cup)  
Chicory leaves (1/2 cup)  
Chicory/Endive/Witlof (4 leaves)  
Chilli, red or green (11 cm long)  
Corn (1/2 cob max)  
Courgette/Zucchini (1/2 cup)  
Cucumber (1/2 cup)  
Edamame beans (1 cup)  
Endive (4 leaves)  
Fennel bulb or leaves (1/2 cup)  
Galangal  
Ginger  
Kale  
Leek leaves (1/2 cup)  
Lettuce and Endive- all types  
Mushrooms, oyster (1 cup)  
Okra (6 pods)  
Olives, green or black (15 small)  
Parsnips  
Pickles/Gherkins in vinegar (5 pieces)  
Potato- regular  
Potato- sweet potato (1/2 cup)  
Pumpkin/Squash- kent/Japanese  
Pumpkin/Squash- butternut (1/2 cup)  
Radish  
Sauerkraut, white (1 tbsp)  
Sauerkraut, red (1/2 cup)  
Scallion/Spring onion (green tops)  
Seaweed/mori (2 sheets)  
Snow peas/Mangout (5 pods)  
Spaghetti squash (1 cup)  
Spinach, baby (1 cup)  
Sprouts (1/2 cup)  
Spinach, English  
Tomatoes- regular  
Tomatoes, cherry (4 cherries)  
Tomatoes, Roma (1 small)  
Tomatoes, sundried (2 pieces)  
Turnip, Swede, Rutabagas (1 cup)  
Water chestnuts (1/2 cup)  
Yam (1 cup)

## BREADS

Gluten-free bread, no high  
FODMAP ingredients (2 slices)  
Millet bread (2 slices)  
Sourdough bread, 100% spelt  
or wheat (2 slices)  
Corn tortillas (2 pieces)

## DAIRY & ALTERNATIVES

\*Most cheese is fine if less than 1g of  
sugar/lactose per serve  
Cheese- all except cream cheese, (1/2  
cup, 2 slices or 2 wedges)  
Cheese, cottage & ricotta (4 tbsp)  
Coconut milk/cream (1/2 cup)  
Cream, whipped (1/2 cup)  
Yogurt- Plain lactose-free, coconut,  
Goat's milk (1 tub or 170 grams)  
Milk- Lactose-free, Almond, Hemp  
Macadamia, Quinoa, Rice, Soy (1 cup)  
Milk- coconut, oat (1/2 cup)  
Milk- condensed (1 tbsp)  
Soy cheese

## MEAT, FISH, EGGS, TOFU & LEGUMES

\*Canned in fluid reduces FODMAPs  
Any unprocessed meat, fish or eggs  
(without high FODMAP  
ingredients like onion or garlic,  
Dahi- chana & urid (1/2 cup)  
Chickpeas, butter and garbanzo  
beans- canned & rinsed (1/4 cup)  
Lentils- canned & rinsed (1/2 cup)  
Lentils- red & green, boiled (1/4 cup)  
Lima & mung beans (1/4 cup)  
Quorn (75 g)  
Tempeh (100 g)  
Tofu- firm not silken (2/3 cup)

## NUTS & SEEDS

Almonds, Brazil nuts, hazelnuts,  
pecans & walnuts (<10 pieces)  
Chestnuts (20 boiled or 10 roasted)  
Flaxseeds/linseeds (1 tbsp)  
Macadamias (20 nuts)  
Mixed nuts (20 nuts)  
Peanuts (32 nuts)  
Pinenuts (1 tbsp)  
Seeds- chia, egusi, poppy, pumpkin  
sesame (2 tbsp)  
Seeds- sunflower (2 tsp)

## DRINKS

Beer (1 can or 375ml)  
Drinking chocolate, cocoa, cacao but  
not carob (2 big tsp)  
Coconut water (1/2 cup or 100ml)  
Coffee- black & espresso (2 shots)  
Coffee- instant (2 tsp)  
Juice- cranberry & tomato (200ml)  
Juice- fresh orange (1/2 cup)  
Spirits- gin, vodka & whiskey (30ml)  
Strong Tea- green, peppermint &  
white (not dairy) (1 mug or 250ml)  
Weak Tea- black, chai & dandelion on  
water (1 mug or 250ml)  
Wine- red & white (1 glass or 150ml)

## HERBS & SPICES

All herbs & spices, fresh & dried  
except garlic, onion or chiony  
(usually 1 tsp, check Monash app)  
Salt & Pepper  
Spice mixes (no garlic or onion)  
Stock without garlic or onion

## SWEETS & SNACKS

Chocolate, dark, 85+% cocoa (5  
squares or 30g)  
Chocolate, milk or white (1 fun-  
size bar or 15g)  
Corn chips (1 small pack or 50g)  
Cookies/biscuits (2 plain)  
Cookies/biscuits (1 shortbread)  
Crackers (5 plain saltine)  
Dried bananas (10 chips)  
Golden syrup (1/2 tbsp)  
Jaggery (1/2 tbsp)  
Jello/Jelly (1/2 packet or 250ml)  
Maple syrup (1 tbsp)  
Potato chips/crisps (plain, salted 1  
small packet, 30g)  
Pretzels (1/2 cup)  
Popcorn (7 cups)  
Rice cakes/crispbread (2 plain)  
Rice crackers (20 plain)  
Rice malt syrup (1 tbsp)  
Sugar- all types (1 tbsp)  
Sweeteners- Equal, Stevia &  
Splenda (2 sachets)  
Treacle (1/2 tbsp)

## SAUCES & CONDIMENTS

BBQ sauce (2 tbsp)  
Capers (1 tbsp)  
Chutney (1 tbsp)  
Aubergine/Eggplant dip (2 tbsp)  
Mayonnaise (2 tbsp)  
Mint sauce & jelly (1 tbsp)  
Miso paste (2 sachets)  
Mustard (1 tbsp)  
Pesto sauce (1/2 tbsp)  
Shrimp Paste (2 tsp)  
Soy, fish & oyster sauce (2 tbsp)  
Sweet & Sour Sauce (2 tbsp)  
Tahini (1 tbsp)  
Tamarind paste (1/2 tbsp)  
Tomatoes, canned (1/2 cup)  
Tomato sauce (2 sachets or 13g)  
Tomato paste (2 tbsp)  
Vanilla essence (1 tsp)  
Vinegar- apple cider, malt, red  
wine, rice wine (2 tbsp)  
Vinegar- balsamic (1 tbsp)  
Wasabi (1 tsp)  
Worcestershire sauce (2 tbsp)

## SPREADS

Butter & margarine  
Marmalade- no high FODMAP  
fruits (2 tbsp)  
Peanut butter/PB2 (2 tbsp)  
Quince paste (1/2 tbsp)  
Strawberry jam (2 tbsp)  
Vegemite/Marmite (1 tsp)

## FATS & OILS

All fats and oils, including garlic  
& onion infused oil, avocado oil,  
coconut oil & peanut oil.

## DIETvsDISEASE

For more information on the  
Low FODMAP Diet, visit  
[www.DietvsDisease.org](http://www.DietvsDisease.org)

# Low Fodmap Shopping Guide

**Yan Bai**



## **Low Fodmap Shopping Guide:**

## Reviewing **Low Fodmap Shopping Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Low Fodmap Shopping Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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