

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.

DIET vs DISEASE

For more information on the
Low FODMAP Diet, visit
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Low Fodmap Shopping Guide

Melissa Urban, Dallas Hartwig



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