

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

Aufaita (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 chloery
(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
www.DietvsDisease.org

Low Fodmap Shopping Guide

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Low Fodmap Shopping Guide:

Decoding **Low Fodmap Shopping Guide**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Low Fodmap Shopping Guide**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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