

# Low FODMAP Foods

## Vegetables

Alfalfa	Choy sum	Pumpkin, jap
Artichoke hearts canned in water/vinegar (1 tbsp)	Corn (½ cob)	Radish
Bamboo shoots	Cucumber	Rocket
Beetroot (2 slices)	Eggplant	Silverbeet
Bean sprouts	Fennel, bulb (< ½ cup)	Spinach, baby
Bok choy/ pak choy	Fennel leaves	Spring onion, green tops
Broccoli (< ½ cup)	Ginger	Snow peas (5 pods)
Brussel sprouts (2 sprouts)	Galangal	Squash
Cabbage	Kale	Swede
Cabbage, savoy (½ cup)	Leek, leaves	Swiss chard
Capsicum, red	Lettuce	Taro (< ½ cup)
Capsicum, green	Olives	Tomato
Carrot	Okra	Turnip
Celery (½ medium stalk)	Parsnip	Water chestnuts
Celeriac	Peas	Yam
Chicory leaves	Potato	Zucchini
Choko	Pumpkin, butternut (< ¼ cup)	

## Fruit

Avocado (1/8)	Grapes	Orange
Blueberry	Grapefruit (½ medium)	Passionfruit
Boysenberry	Guava	Paw paw
Cantaloupe	Honeydew melon	Pear, prickly
Cherries (< 3 cherries)	Kiwifruit	Pineapple
Clementine	Lemon	Raspberry
Cranberry	Lime	Rhubarb
Dragon fruit	Lychee (<5)	Starfruit
	Mandarin	Strawberry
		Tangelo

## Meats, poultry and meat substitutes

Chicken	Tofu	Quorn mince
Beef	Prosciutto	Turkey
Lamb	Ham	Fish
Pork	Tempeh	Seafood

## Nuts & seeds (keep to one small handful or less per sitting)

Almonds (< 15 nuts)	Mixed nuts	Chia seeds (< 2 tbsp)
Hazelnuts (<20 nuts)	Pecan	Seeds, pumpkin (< 2 tbsp)
Lsa (< 1 tbsp)	Pine nuts (< 2 tbsp)	Seeds, sesame (< 2 tbsp)
Macadamia	Walnuts	

## Cereals, grains, breads, pasta and baked goods

Wheat free or gluten free breads	Corn flour/maize	Biscuits (gluten free, fruit free)
Bread made from oats, rice, corn, potato or tapioca flours	Corn tortillas	Biscuit sweet/savory plain (2 biscuits)
Wheat free or gluten free pasta	Muesli (wheat free, fruit free)	Corn based crisp breads / crackers
Buckwheat cereal	Oats (< ½ cup dry)	Potato chips (1 small packet)
Buckwheat noodles	Polenta	Pretzels (< ½ cup)
Bulgur/bourghal (¼ cooked)	Rice bran	Rice crackers/cakes, plain
Brown rice/white rice	Rice bubbles	
Sorghum	Spelt bread (2 slices)	

## Condiments, sweets, sweeteners and spreads

Aspartame	Jam, strawberry	Pesto sauce (< 1 tsp)
Acesulfame k	Tomato sauce (1 tbsp)	Peanut butter
Barbecue sauce	Maple syrup	Soy sauce
Chocolate, dark	Marmalade	Stevia
Chutney, (1 tbsp)	Mayonnaise – ensuring no garlic or onion	Sugar
Fish sauce	Mustard	Vegemite
Garlic infused oil	Olive oil	Vinegar, balsamic (<2 tbsp)
Golden syrup	Oyster sauce	Vinegar
Glucose syrup		Worcestershire sauce

## Drinks

Alcohol – is an irritant to the gut, limited intake advised. Only consume with food

Beer	Wine, sparkling	Espresso
Gin	Whisky	Instant coffee (< 2 tsp)
Vodka	Coconut water (100ml)	Tea
Wine, red	Orange juice (½ cup)	Chai tea (< 1 cup)
Wine, dry white	Cranberry juice (½ cup)	Cocoa powder (< 2 heaped tsp)
Wine, sweet	Vegetable juice (½ cup)	Drinking chocolate (< 2 heaped tsp)
Wine, sparkling		Malted chocolate flavored beverage (< 2 heaped tsp)

## Dairy foods and eggs

Butter	Cream	Tofu
Cheese, hard	Sour cream	Yoghurt (lactose free, fruit free)
Cheese, cottage (< 2 tbsp)	Milk, lactose free	Yoghurt, regular (< 2 tsp)
Cheese, ricotta (< 2 tbsp)	Soy milk (from soy protein)	Oat milk
Cheese, halloumi	Soy protein	Rice milk
Coconut milk	Tempeh	Coconut milk

## Herbs and spices

Herbs: basil, coriander, parsley, mint, oregano, thyme, rosemary, tarragon

All spice	Cumin	Paprika (< 1 tsp)
Cardamom	Curry powder (< 1 tsp)	Pepper
Chili powder (< 1 tsp)	Fennel seeds	Star anise
Cloves (< 1 tsp)	Five spice (< 1 tsp)	Coriander seeds
Cinnamon (< 1 tsp)	Mustard seeds (< 1 tsp)	Saffron