

Low-FODMAP Diet: What Can I Eat?

For the next 3 weeks, eat only these foods. If a food is not mentioned here, avoid it or ask your dietitian before consuming.
Pay careful attention to portion sizes where indicated – limit these foods to one serving per meal.

The closer you stick to this diet, the more you will learn!

Fruits

Bananas	Honeydew melon	Pineapple
Blueberries	Kiwi	Raisins (1 Tb)
Cantaloupe	Lemon	Rhubarb
Clementine	Lime	Starfruit
Cranberries (2 Tb)	Orange	Strawberries
Grapes	Passion fruit	

Vegetables

Alfalfa	Green beans
Arugula	Kale
Bamboo shoots	Lettuce
Bean sprouts	Okra (6 pods)
Bell peppers (red, yellow)	Parsnip
Bok choy	Potato (white)
Broccoli (½ c)	Radish
Brussels sprouts (½ c)	Rutabaga
Butternut squash (¼ c)	Spaghetti squash
Carrots	Spinach
Celery (½ stalk)	Summer squash
Chives (green part only)	Spring onion (green part only)
Corn	Sweet potato (½ c)
Cucumber	Swiss chard
Eggplant	Tomatoes
Endive	Turnips
Fennel (1 c)	Yam
Ginger root	Zucchini

Grains and Starches

Breakfast cereals made of rice or corn (e.g. corn flakes, rice krispies – ½ c)	Millet
Buckwheat	Oats (½ c)
Cornmeal	Polenta
Corn tortillas/chips	Popcorn (plain or salted)
Gluten-free bread (2 slices)	Potato chips (plain)
Gluten-free pasta (½ c cooked)	Quinoa
Gluten-free pretzels	Rice
Grits	Rice cakes
	Rice noodles
	Tapioca
	Yams

****Check ingredients label on all gluten-free items and prepackaged items for other FODMAPs****

Nuts and Seeds – Limit all to 2 Tb per meal

Almonds	Coconut	Poppy seeds
Almond butter	Peanuts	Pumpkin seeds
Brazil nuts	Peanut butter	Sesame seeds
Chestnuts	Pecans	Sunflower seeds
Chia seeds	Pine nuts	Walnuts

Proteins

Beef	Chickpeas (½ c canned, drained)
Chicken	Edamame (½ c, shelled)
Eggs / egg substitute	Lentils (½ c canned, drained)
Fish	Seitan
Lamb	Tempeh
Pork	Tofu
Shellfish	
Turkey	

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Dairy / Dairy Alternatives

Almond Milk	Cream cheese (2 Tb)
Cheese (aged, including cheddar, swiss, parmesan, brie, havarti, camembert)	Half and Half (2 Tb)
Cheese (1 oz. not aged, including feta, American, mozzarella, fresh chevre, queso fresco)	Heavy cream (¼ c)
Coconut milk (½ c, canned)	Lactose-free cottage cheese
	Lactose-free kefir
	Lactose-free sour cream
	Lactose-free yogurt (plain)
	Rice milk

Sweeteners – Limit all to 1 Tb per meal

Artificial sweeteners not ending in “-ol”	Glucose
Aspartame	Golden syrup
Brown sugar	Granulated or table sugar (sucrose)
Cane sugar or syrup	Maltose
Caster sugar	Maple Syrup (100% pure)
Coconut sugar	Palm sugar
Corn syrup (NOT high-fructose)	Raw sugar
Dextrose	Saccharine
	Stevia

Beverages

Beer
Black tea (weak, 8 oz)
Coffee (black)
Cocoa
Espresso
Gin
Ginger tea
Green tea
Peppermint tea
Rooibos tea
Water
Whiskey
White tea
Wine

Sweets and Desserts

Candy (1 oz)
Dark or semisweet chocolate (1 oz)
Jam or jelly (1 Tb)
Sorbet or sorbetto (1/2 c, FODMAP- friendly fruit flavors only)

Fats and Oils

Avocado (1 ½ Tb)
Butter
Coconut milk (½ c, canned)
Margarine
Oil (olive, soybean, coconut, garlic-infused)

Condiments, Seasonings, and Baking Supplies

Allspice	Cumin	Rosemary
Asafoetida	Curry powder	Saffron
Bakers yeast	Fennel seeds	Salt
Baking powder/soda	Five spice	Sesame oil
Basil	Ginger	Star anise
Bay leaf	Lemongrass	Soy sauce
Black pepper	Marjoram	Tamari
Capers	Mint	Tarragon
Cardamom	Mayonnaise	Tomato paste
Chili powder	Mustard	Thyme
Chives (green part only)	Nutmeg	Turmeric
Cilantro	Olives	Vanilla
Cinnamon	Oregano	Vinegar (balsamic, 1 Tb)
Cocoa powder (1 ½ Tb)	Paprika	Vinegar (other types)
Corn starch	Parsley	Wasabi
Coriander	Pectin	Worcestershire sauce
		Xanthan gum

High-FODMAP Checklist

Foods to Avoid during the Elimination Phase

High Lactose

(creates gas + pulls water into the gut)

CHEESE

Ricotta cheese, cottage cheese

BEVERAGES

Milk (cow, sheep, goat)

OTHER

Evaporated milk, yogurt, ice cream, custard

Excess Fructose

(pulls water into the gut)

VEGETABLES

Asparagus, sugar snap peas, sun-dried tomatoes

FRUIT

Apples, cherries, fresh figs, mango, pears, watermelon

SWEETENERS

Agave, high fructose corn syrup, honey

ALCOHOL

Rum

High Fructans/GOS

(creates gas)

VEGETABLES

Artichokes, garlic, leek and scallion bulbs, shallots, onions, onion and garlic powder, peas, soybeans, kidney beans

FRUIT

Banana (ripe), currants, dates, dried figs, grapefruit, nectarine, persimmon, plums, prunes, white peaches, watermelon

GRAINS

Rye, wheat, barley

LEGUMES

Mature soybeans (most soy milk and soy flour), baked beans, black beans, fava beans, kidney beans, navy beans, split peas

OTHER

Oolong tea, chamomile tea, fennel tea, carob, chicory root, inulin, FOS (fructo-oligosaccharide)

High Polyols

(pulls water into the gut)

VEGETABLES

Cauliflower, mushrooms, snow peas

FRUIT

Apples, apricots, blackberries, cherries, nectarines, pears, yellow peaches, plums, prunes, watermelon

SWEETENERS

Sorbitol, mannitol, isomalt, xylitol