

BREADS & TORTILLAS

Corn tortillas, with gums or added fiber
Corn tortillas, without gums or added fiber
Gluten free bread, white
Gluten free bread, low gi, high fiber
Gluten free bread, high fiber
Gluten free bread, multigrain
Gluten free rice chia bread
Millet bread
Sourdough oat bread
Sourdough spelt bread
Spelt bread 100%
Sprouted multigrain bread
White bread
Whole-wheat sourdough

DAIRY & DAIRY ALTERNATIVES

Almond milk
Coconut milk, canned
Coconut milk, UHT
Cottage cheese
Cow's milk, lactose-free
Hemp milk
Macadamia milk
Oat milk
Quinoa milk, unsweetened
Rice milk
Soy cheese
Soy milk, made with soy protein only
Sweetened condensed milk, Malaysia
Yogurt, coconut
Yogurt, goat's milk
Yogurt, lactose-free
Whipped cream

MEAT, POULTRY, FISH & LEGUMES

All plain fish
All plain meats: beef, lamb, pork
All plain poultry
Butter beans canned, rinsed
Chana dal, boiled
Chickpeas (garbanzo), canned, rinsed
Eggs
Egg Replacer
Lentils, canned, rinsed
Lentils, green, boiled
Lentils, red, boiled
Lima beans, boiled
Mung beans, boiled
Mung beans, sprouted
Quorn, minced
Salmon, canned in brine, drained
Sardines, canned in oil, drained
Sausage, German bratwurst
Shrimp/prawns, peeled
Tempeh, plain
Tofu, firm & extra firm, drained
Tuna, canned in brine, drained
Tuna, canned in oil, drained
Urid dal, boiled



FODMAP
everyday

Low FODMAP FOODS LIST

This shopping and reference list is updated monthly to conform with the most up-to-date research gathered from Monash University, the USDA and other reputable sources.

Please refer to the Monash University smartphone app or their printed booklet for serving size information. Some foods are only low FODMAP in 1-teaspoon amounts, so it is vital that you use this in conjunction with a Monash University reference.

Foods not listed are either high FODMAP or have not been tested yet.

We encourage you to eat broadly and test yourself for tolerances. Working with a registered dietician is the best way to monitor your reactions and progress.

Please read our [Terms & Conditions](#) Prior to Use

Updated 1.13.18

VEGETABLES

Alfalfa sprouts
Arugula/Rocket
Bamboo shoots, fresh
Beets
Bell peppers, red, green
Bok choy
Broccoli heads
Broccoli stalks
Broccolini heads
Broccolini stalks
Brussels sprouts
Butternut squash
Cabbage, Chinese
Cabbage, green common
Cabbage, red
Cabbage, Savoy
Carrot
Celeriac
Celery
Chayote
Chicory
Chilli pepper, green serrano
Chilli pepper, red cayenne
Chives
Choy sum
Chrysanthemum greens
Collard greens
Corn
Cucumber
Daikon, white
Eggplant/Aubergine
Endive
Fennel bulb
Fennel leaves/fronds
Gai lan
Galangal
Ginger root
Green beans

Japanese pumpkin, kabocha, raw
Jicama
Kale, green curly or Lacinato
Kohlrabi
Leek leaves; use green parts only
Lettuce, butter
Lettuce, cos (romaine)
Lettuce, iceberg
Lettuce, coral (red leaf)
Mung bean sprouts
Mushroom, button
Mushroom, oyster
Okra
Parsnips
Pattypan squash
Potatoes, sweet orange flesh
Potatoes, sweet purple skin/white flesh
Potatoes, white
Pumpkin, Japanese
Radicchio
Radish
Rutabaga
Scallion/spring onion - green parts only
Shimeji mushrooms
Snakebean/Yardlong Bean
Snow peas/mange tout
Spaghetti squash, cooked
Spinach, baby
Spinach, English (mature)
Swiss chard/silver beet
Taro
Tomatoes, cherry
Tomatoes, common
Tomatoes, Roma/plum
Turnip
Water chestnuts, fresh
Watercress
Yam
Yucca
Zucchini/courgette

FRUITS

Avocado
Banana, firm/ripe
Blueberry
Breadfruit
Cantaloupe
Carambola (starfruit)
Clementine
Coconut, fresh
Dates fresh
Dragon fruit
Durian melon
Grapes, black, green, red
Guava, ripe
Honeydew melon
Kiwi, green, gold
Kumquats
Lemon juice
Lime juice
Longan
Mandarin orange
Mangosteen
Orange, navel
Papaya
Passionfruit
Pineapple
Plaintain
Pomegranate
Rambutan
Raspberry
Rhubarb
Strawberry
Tamarind



CONDIMENTS, SEASONINGS & SPREADS

Almond Butter
Apple cider vinegar
Asian fish sauce
Balsamic vinegar
Barbecue sauce
Black pepper, whole
Capers, salted & in vinegar
Chutney
Coconut jam
Gherkins in vinegar
Horseradish
Ketchup preferably no HFCS
Marmalade
Mayonnaise, reg. or low fat
Mint jelly and sauce
Mirin
Miso
Mustard
Mustard, yellow, mild
Oyster sauce
Peanut butter
Pesto sauce
Quince paste
Remoulade sauce
Rice wine vinegar
Shrimp paste
Soup concentrate (cubes)
Soy sauce
Strawberry jam, no HFCS
Sweet and sour sauce
Tahini
Tamarind paste
Vegemite
Vegetable pickles/relish
Verjuice
Vinegar (apple cider, balsamic, malt, red wine, rice)
Wasabi powder
Wasabi paste
Worcestershire sauce

HERBS & SPICES

Allspice, ground
Asian chives
Asafetida (asafoetida)
Basil, fresh
Black pepper, whole
Cardamom
Cilantro/ Coriander, fresh
Chilli powder (red serrano pepper)
Cinnamon
Cloves, whole
Coriander seeds
Cumin, ground
Curry leaves, fresh
Curry powder, without onion and garlic
Fennel seeds
Fenugreek leaves, dried
Fenugreek seeds
Five spice powder
Ginger root, fresh
Gotukala, fresh
Goraka, fresh
Kaffir lime leaves, fresh
Lemongrass, fresh
Mint, fresh
Mustard seeds
Nutmeg, whole
Parsley, fresh
Paprika
Rosemary, fresh
Saffron
Sage, fresh
Star anise
Tarragon, fresh
Thai basil
Thyme, fresh
Turmeric
Vanilla bean
Vanilla extract/essence

SWEETENERS & CHOCOLATE

Brown sugar
Coconut sugar
Dark chocolate
Golden syrup
Invert sugar
Jaggery
Maple syrup, pure
Milk chocolate
Molasses
Palm sugar
Raw sugar
Rice malt syrup
Stevia
Treacle, coconut
White chocolate
White granulated sugar, beet and cane

CEREALS

Amaranth, puffed grain
Corn flakes
Corn flakes, gluten free
Glutinous rice cereal
Oats, quick, raw
Oats, rolled, raw
Quinoa flakes, raw
Rice flakes
Rice, popped/puffed

NOODLES & PASTAS

Egg noodles
Kelp noodles
Rice stick noodles
Gluten free pasta, cooked (free of high FODMAP grains)
Konjac noodles, cooked or uncooked
Quinoa pasta
Soba made with wheat & buckwheat
Spelt pasta, cooked
Wheat pasta, cooked



FLOURS & GRAINS

Almond flour/meal
Bourghal, cooked
Buckwheat flour
Buckwheat groats, cooked
Buckwheat kernels, cooked
Corn flour/maize flour
Cornmeal
Cornstarch
Green banana flour
Millet, hulled, cooked
Millet, kernels, cooked
Millet flour
Oat bran
Oats, rolled, uncooked
Polenta, cooked
Potato starch
Quinoa, black, red & white cooked
Quinoa flour
Rice, basmati, brown, white, cooked
Rice bran
Rice flour, raw and roasted
Samp, cooked
Sorghum flour
Spelt flour, organic sieved
Sprouted pearl barley grains
Tapioca starch
Teff flour
Wheat grain, sprouted
Yam flour

NUTS, SEEDS, DRIED FRUITS

Almonds
Banana chips, dried
Brazil nuts
Cashews, activated
Chestnuts, boiled
Chestnuts, roasted
Coconut, shredded dried
Cranberries, dried
Currants
Chia seeds, black & white
Egusi seeds
Flax seeds/Linseeds
Guava, tinned in syrup
Hazelnuts
Macadamia nuts
Mixed peel, citrus fruits
Papaya, dried
Peanuts
Pecans
Pine nuts
Poppy seeds, black & white
Pumpkin seeds, "pepitas"
Raisins
Sesame seeds
Sunflower seeds, hulled
Tigernuts
Walnuts

PROCESSED VEGETABLES

Artichoke hearts, canned
Beets, canned
Bamboo shoots, canned
Beetroot, pickled
Black fungi mushrooms, dried
Button mushrooms, canned
Cabbage, red fermented
Callaloo, canned
Capers in vinegar
Capers in salt
Corn, baby, canned
Dulse flakes
Edamame, frozen
Gherkins in vinegar
Lotus root, frozen
Nori seaweed
Olives, black & green
Onions, pickled large
Peas, green, canned
Porcini mushrooms, dried
Potato dumplings, canned
Pumpkin purée, canned
Shiitake, dried
Sundried tomatoes, semi
Tomatoes, canned
Tomato, paste
Wakame flakes
White sauerkraut

FATS & OILS

Butter
Butter blend, 70% butter/30% oil
Coconut butter
Garlic-Infused oil, such as FODY Foods
Margarine, poly or monounsaturated, 70% fat
Mayonnaise, regular and low fat
Oils: avocado, canola, coconut, olive, peanut, rice bran, sesame, sunflower, vegetable

OTHER

Agar agar
Carob powder
Cocoa powder
Nutritional yeast
Spirulina
Taco shells, hard
Wheatgrass powder
Xanthan gum



CHEESES

Camembert
Cheddar
Colby
Cottage cheese
Feta
Goat cheese
Haloumi
Havarti
Mozzarella
Pecorino Romano
Ricotta
Swiss

BEVERAGES

Black tea
Buchu tea
Coconut water, fresh
Coconut water, packaged
Coffee
Cranberry juice; no HFCS
Creamer powder
Dandelion tea, weak
Espresso, reg. and decaf
Green tea, strong
Instant coffee, reg. and decaf
Kombucha tea
Kvass
Malted chocolate flavoured drink
Orange juice; half fresh/half reconstituted
Pea protein, powdered
Protein powder, sprouted brown rice
Rooibos tea, strong
Vegetable juice blend, tomato based
Vegetable juice blend, tomato, carrot, celery and beetroot based
Water
Wheatgrass powder
White tea, strong

WINE, BEER, & SPIRITS

Beer
Gin
Vodka
Whiskey
Wine; red, sparkling, sweet, white

SNACKS

Biscuit, chocolate chip (cookie)
Biscuit, shortbread (cookie)
Biscuit, spiced (cookie)
Corn chips
Corn thins
Mini toast, white
Popcorn, plain
Potato chips
Potato straws
Pretzels, rings (we suggest GF)
Rice cakes, plain
Rice, crackers, plain
Rice crispbread
Rusk, wholemeal
Saltines
Trail mix (low FODMAP ingredients)

Your Notes Here



High FODMAP Foods to Avoid

This list is a short compilation of some of the top foods and ingredients that you should avoid especially if you are on the Elimination Phase. Your Challenge Phase will tell you whether you can add any of them back into your diet and in what quantities.

Remember, the low FODMAP diet is not a FODMAP free diet. The aim is to eat as broadly as possible for your individual digestive system - staying IBS symptom free and creating a healthy gut populated with helpful bacteria and a balanced microbiome.

The information is derived from Monash University.

We have divided items into the same categories as our recipe filter, which is also how Monash University presents them.

*Onions and garlic contain fructans, however, these FODMAPs are not oil soluble, which is why you can derive flavor from them using certain preparation techniques such as making infused oils.

**Monash recently gave the Green Light to Oyster mushrooms, so always keep up to date with the Monash University App.

AVOID THESE!

High Oligosaccharides (fructans/GOS):

Agave	Onions, any form
Artichokes	Peaches, white
Barley	Peas
Black beans	Pistachios
Cashews	Plums
Chicory root extract	Rye
Garlic, any form*	Shallots
Inulin	Split peas
Kidney beans	Watermelon
Navy beans	Wheat
Nectarine	

Excess Fructose

Agave	Honey
Apples	Mangoes
Asparagus	Pears
Cherries	Rum
High fructose corn syrup	Watermelon

Polyols

Apples	Pears
Apricots	Plums
Cauliflower	Watermelon
Cherries	Isomalt
Mushrooms**	Mannitol
Nectarines	Maltitol
Peaches, yellow	Sorbitol
	Xylitol

Lactose

Buttermilk
Cream cheese
Half & Half
Milk, cow, goat & sheep
Custard, (made from above)
Ice cream (made from above)
Pudding (made from above)
Sour cream