

LOW FODMAP FOODS — ENJOY

VEGETABLES

Alfalfa
Arugula
Bamboo Shoots
Bean Sprouts
Bell Peppers
Bok Choy
Cabbage (*common*)
Carrot
Chives
Corn
Cucumber
Eggplant
Endive
Green Beans
Kale
Lettuce
Olives
Parsnip
Pumpkin
Potato
Radish
Rutabaga
Seaweed (*nori*)
Spinach
Spring onion (*green part*)
Squash
Tomato
Turnip
Water Chestnuts
Yam
Zucchini

FRUITS

Banana
Blueberry
Cantaloupe
Clementine
Coconut
Cranberry
Dragon fruit
Grape
Honeydew
Kiwi
Lemon
Lime
Mandarin
Orange
Passion Fruit
Pineapple
Raspberry
Rhubarb
Star Anise
Strawberry
Tangelo
Tangerine

PROTEIN

Beef
Chicken
Eggs
Fish
Lamb
Pork
Shellfish
Tofu
Turkey

GRAINS

Made with gluten free/spelt grains (corn, oats, potato, quinoa, rice, tapioca, etc):
Bagels
Biscuits
Breads
Cereals
Chips,
Crackers
Noodles
Oatmeal
Oat bran
Pancakes
Pastas
Popcorn
Pretzels
Quinoa
Rice
Rice bran
Tortillas
Waffles

NUTS/SEEDS

Chia seeds
Flax seeds
Macadamia Nuts
Peanuts
Pecans
Pine Nuts
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

CHEESE

Brie
Camembert
Cheddar
Colby
Feta
Mozzarella
Parmesan
Swiss
Hard Cheeses

DAIRY & ALTERNATIVES

Lactose free dairy – *any*
Rice Milk
Almond Milk
Coconut milk
Soy Milk (*from soy protein*)
Sherbet
Yogurt (Greek)
Whipped cream

BEVERAGES

Coffee
Espresso
Tea: Black, Green, White & Peppermint
Fruit and Vegetable Juices & Smoothies made with low FODMAP foods (*limit 1/2 cup per serving*)

Alcohol

Beer
Gin, Vodka, Whiskey
Wine: Red, White, Sparkling

SEASONINGS & CONDIMENTS

Jam, Jelly, Pickle, Relish, Salsa & Salad Dressing – *made with low FODMAP ingredients*
Most Spices and Herbs
Broth (*homemade*)
Butter and Margarine
Chives
Cooking Oils
Garlic/Onion Infused Oil
Maple Syrup (*without HFCS*)
Mustard
Mayonnaise
Pepper
Pesto
Salt
Soy Sauce
Vinegar

SWEETENERS

Aspartame
Glucose
Splenda
Sucrose
Sugar
Treacle
Truvia