



LOW FODMAP DIET *for* Irritable Bowel Syndrome

Fruits

banana
cantaloupe
durian
grapes
kiwi
lemon
mandarin orange
passion fruit
pineapple
strawberries

Vegetables

eggplant
green beans
bok choy
bell pepper
carrots
cucumber
lettuce
potato
tomato
zucchini

Protein sources

eggs
firm tofu
meats/
poultry/seafood
tempeh

Sugars & sweeteners

dark chocolate
maple syrup
rice malt syrup
table sugar

Nuts & seeds

macadamias
peanuts
pumpkin seeds
walnuts

Dairy & alternatives

almond milk
brie/camembert cheese
feta cheese
hard cheeses
lactose-free milk
soy milk (made from soy protein)

Breads & cereals

corn flakes
oats
rice cakes (plain)
sourdough spelt bread
wheat/rye/barley free breads