

"EAT THIS, NOT THAT" FODMAPS FOOD LIST

EAT (THIS FODMAP)

if no serve size given then assume moderate portion size is safe
(excess quantities of low FODMAP food can create high FODMAP load)

NOT THAT (HIGH FODMAP)

VEGETABLES

Alfalfa	Courgette/Zucchini	Pumpkin/Squash-
Arugula/Rocket	Cucumber	butternut (1/2 cup)
Asian & Collard greens	Edamame beans	Radish
Aubergine/Eggplant	Fennel bulb or leaves	Rhubarb
Beans, green	Ginger and Galangal	Scallion/Spring onion (green tops)
Beansprouts	Kale	Seaweed/nori
Beetroot (1/2 cup)	Lettuce and Endive- all types	Snow peas/Mangetout (5 pods)
Bell peppers/Capsicum	Mushrooms- tinned.	Spaghetti squash (1 cup)
Broccoli	shimeji, oyster	Spinach, baby and English
Brussels sprouts (2-4 sprouts)	Okra	Tomatoes-
Cabbage	Olives, green or black (15 small)	Turnip, Swede.
Carrots	Potato - regular	Rutabagas
Celery and celeriac	Potato - sweet potato (1/2 potato)	Water chestnuts
Chard/Silverbeet	Pumpkin/Squash-	Yam
Chilli, red or green	kent/Japanese	
Corn (1/2 cob max)		

Asparagus
Artichokes
Cauliflower
Garlic
Leek (white bit)
Onions
Mushrooms- all other
types
Peas
Scallions / spring
onions (white bit)

FRUITS

Banana- firm/green (1 medium)	Grapes, all types	Oranges
Blueberries	Honeydew melon (1/2 cup)	Passion fruit
Cantaloupe/Rockmelon (1/2 cup)	Kiwi fruit (2 small)	Pineapple (1 cup)
Coconut, desiccated (1/2 cup)	Lemons & Limes (including juice)	Raspberries
	Mandarins	Strawberries

Apples
Apricot
Avocado (very small
quantities maybe
tolerated)
Bananas, ripe
Blackberries
Cherries
Grapefruit
Mango
Nectarine
Peaches
Pears
Plums
Raisins and sultanas
Watermelon