

## Low FODMAP Foods to Enjoy

### Fruit

- Banana (Not Ripe)
- Blueberry
- Cantaloupe
- Clementine
- Coconut
- Cranberry
- Cranberry Juice
- Dragonfruit
- Durian
- Grape
- Grapefruit\*
- Honeydew
- Kiwifruit
- Lemon
- Lime
- Mandarin
- Orange
- Passion Fruit
- Pawpaw
- Pineapple
- Pomegranate\*
- Raspberry
- Rhubarb
- Rockmelon
- Star Anise
- Strawberry
- Tangelo

### Vegetables

- Alfalfa
- Arugula
- Bamboo Shoots
- Bean Sprouts
- Bell Peppers
- Bok Choy
- Butternut Squash\*
- Carrot
- Chives
- Choko
- Choy Sum
- Corn\*
- Courgette
- Cucumber
- Endive
- Ginger
- Green Beans
- Kale
- Lettuce
- Okra\*
- Olives
- Parsnip
- Potato
- Radish
- Red Chili
- Silver Beet
- Spinach
- Spring Onion (Green Part)
- Squash
- Swede
- Sweet Potato\*
- Taro
- Tomato
- Turnip
- Water Chestnuts
- Yam
- Zucchini

### Dairy

- #### Milk
- Coconut Milk
  - Lactose Free Milk
  - Rice Milk

#### Cheese

- Brie
- Camembert
- Cheddar
- Colby
- Feta
- Mozzarella
- Parmesan
- Swiss
- Hard Cheeses

#### Yogurt

- Lactose Free Yogurt

### Grains

- Arrowroot
- Gluten Free Oats
- Gluten Free Pasta
- Millet
- Polenta
- Psyllium
- Quinoa
- Rice
- Rice Bran
- Sorgum
- Tapioca

### Sweeteners

- Aspartame
- Glucose
- Maple Syrup
- Splenda
- Sucrose
- Sugar
- Treacle
- Truvia

### Misc.

- Coffee
- Espresso
- Tea: Black, Green, White & Peppermint

### Protein

- Chicken
- Beef
- Eggs
- Fish
- Lamb
- Pork
- Tofu

### Nuts/Seeds

- Chia Seeds\*
- Flax Seeds\*
- Hazelnuts\*
- Macadamia Nuts\*
- Peanuts\*
- Pecans\*
- Pine Nuts\*
- Pumpkin Seeds\*
- Sesame Seeds\*
- Sunflower Seeds\*
- Walnuts\*

### Alcohol

- Beer
- Gin
- Vodka
- Whiskey
- Wine: Red, White, Sparkling & Sweet



\*Limited quantities

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