

Low FODMAP



DAIRY

Cheddar cheese
Mozarella
Almond Milk
Coconut Milk
Yogurt

PROTEIN

Beef
Chicken
Fish
Egg
Tofu

GRAINS

Oats
Quinoa
Brown rice
Gluten Free pasta
Corn

NUTS

Almond
Pecans
Pumpkin seeds
Sesame seeds
Walnuts



VEGETABLE

Broccoli
Carrot
Eggplant
Lettuce
Spinach
Tomato
Zucchini

FRUIT

Avocado
Banana
Grapes
Kiwi
Orange
Pineapple
Strawberries