



# 30g of *Low* FODMAP

1 cup (137g)  
Kale

1/2 cup (41g)  
Eggplant

2 slices (52g)  
Sourdough Spelt Bread

1 small  
Banana

1/2 cup (47g)  
Broccoli

2 Tbps (22g)  
Oat Bran

10 medium (140g)  
Strawberries

12 beans (86g)  
Green Beans

1 cup cooked (190g)  
Brown Rice

1/4 cup (23g)  
Oats

1/2 cup (52g)  
Red Capsicum/Pepper

10 nuts (12g)  
Almonds

1 slice (37g)  
Multigrain Bread

1 medium (61g)  
Carrot

1 cup (42g)  
Canned Chickpeas