

Low FODMAP Diet



Enjoy

Vegetable

Lettuce
Carrot
Cucumber

Fruits

Strawberries
Pineapples
Grapes

Proteins

Chicken
Eggs
Tofu

Fats

Oils
Butter
Peanuts

Starches, Cereals, & Grains

Potatoes
Tortilla Chips
Popcorn

Avoid

Vegetable

Beans
Garlic
Onion

Fruits

Blackberries
Watermelon
Peaches

Proteins

Sausage
Battered Fish
Breaded Meats

Fats

Almonds
Avocado
Pistachio

Starches, Cereals, & Grains

Gluten-based Bread
Beans
Muffins