











# LOW FODMAP DIET

FOOD	VEGETABLES	FRUITS	PROTEINS	FATS	STARCHES, CEREALS & GRAINS
<b>EAT</b>	 <p>lettuce, carrot, cucumber</p>	 <p>strawberries, pineapples, grape</p>	 <p>chicken, eggs, tofu</p>	 <p>oils, butter, peanuts</p>	 <p>potatoes, tortilla chips, popcorn</p>
<b>AVOID</b>	 <p>garlic, beans, onion</p>	 <p>blackberries, watermelon, peaches</p>	 <p>sausage, breaded fish, breaded meats</p>	 <p>almonds, avocado, pistachio</p>	 <p>beans, gluten-based bread, muffins</p>