

LOW FODMAP DIET CHART

FOOD

EAT

AVOID

VEGETABLES



lettuce, carrot,
cucumber



garlic, beans,
onion

FRUITS



strawberries,
pineapples, grape

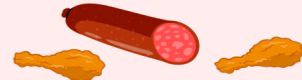


blackberries,
watermelon,
peaches

PROTEINS



chicken, eggs, tofu



sausage,
battered fish,
breaded meats

FATS



oils, butter, peanuts



almonds, avocado,
pistachio

STARCHES, CEREALS & GRAINS



potatoes,
tortilla chips, popcorn



beans, gluten-based
bread, muffins