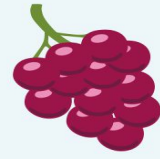




LOW FODMAP DIET CHART



GRAINS

Almond meal (¼ C), Bran – oat/ rice (2 TB), Buckwheat, Corn – meal/tortillas/chips, Gluten-free products and flours*, Millet, Oats, Popcorn, Quinoa, Rice, Sorghum, Sourdough – wheat/spelt, Starches

DAIRY



Butter, Cheeses - hard, Cheeses - soft (2 TB), Cream - whipped (½ C), Coconut cream (¼ C), Coconut yogurt (½ C)*, Lactose-free milk & products*, Milk alternatives – almond/coconut/macadamia/ quinoa/soy protein*, Sour cream(2 TB)

SWEETENERS

Artificial sweeteners – aspartame/ saccharine/sucralose/stevia, Corn syrup, Glucose, Maple syrup, Rice malt syrup, Sugars – brown/cane/ palm/raw/white

FLAVOURING

Asafetida, Chives, Ginger, Herbs, Nutritional yeast, Oils, Spices, Vanilla bean/extract, Vinegars



SAUCES*

BBQ, Fish, Habanero, Horseradish, Ketchup, Mayonnaise, Miso paste, Mustard, Oyster, Relish, Soy, Sriracha, Tomato, Worcestershire



VEGETABLES

Arugula, Bamboo, Bean sprouts, Bell peppers, Bok choy, Broccoli, Carrot, Cabbage (¾ C), Chives, Eggplant, Fennel bulb (½ C) Kale, Leek leaves, Lettuce, Olives, Parsnip, Potato, Sweet potato (½ C), Radish, Seaweed, Spinach, Squash kabocha/spaghetti, Tomato, Turnip, Zucchini (⅓ C)

FRUITS



Avocado (½), Banana - unripe, Blueberries (¼ C), Cantaloupe, Clementine, Dragon fruit, Grapes (6), Honeydew (½ C), Kiwi, Lemon, Lime, Mandarins, Oranges, Papaya, Plantain, Pineapple, Pomegranate (¼ C), Raspberries, Rhubarb, Star fruit, Strawberries (5)

PROTEINS



Almond butter (1 TB), Black beans - canned (¼ C), Chickpeas - canned (¼ C), Edamame (½ C) Eggs, Fish, Lentils – canned (½ C), Meat, Nuts – almond/brazil/chestnut/ hazelnut/macadamia/peanut/ pecan/pine/walnut, Peanut Butter, Poultry, Seeds, Tofu – firm, Tempeh

BEVERAGES

Beer, Coffee, Cranberry juice (1 C)*, Espresso, Pops/soda*, Spirits – gin/vodka/whisky, Tea – green/ peppermint/red/white, Wine