



## VEGETABLES

Alfalfa  
 Arugula (rocket)  
 Asian & collard greens  
 Green beans  
 Bean sprouts  
 Beetroot (½ cup)  
 Bell peppers (capsicum)  
 Broccoli  
 Brussels sprouts (2 large/4 small sprouts)  
 Butternut squash (½ cup)  
 Cabbage  
 Carrots  
 Celery  
 Celery root (celeriac)  
 Chard (silverbeet)  
 Chili (red or green)  
 Corn (½ cob)  
 Cucumbers  
 Edamame  
 Eggplant (aubergine)  
 Endive  
 Fennel (bulb and leaves)  
 Ginger and galangal  
 Green or black olives (15 small)  
 Kale  
 Lettuce (all types)  
 Canned mushrooms  
 Shimeji mushrooms  
 Oyster mushrooms  
 Okra  
 Potato  
 Pumpkin/Squash (Japanese)  
 Radish  
 Rhubarb  
 Scallion/Spring Onion (green parts only)  
 Seaweed/Nori  
 Snow peas (5 pods)  
 Spaghetti squash (1 cup)  
 Spinach (baby or English)  
 Sweet potato (½ potato)  
 Tomatoes  
 Turnip  
 Rutabaga  
 Water chestnut  
 Yam  
 Zucchini (courgette)

## PROTEIN FOODS

Beef  
 Chicken  
 Lamb  
 Pork  
 Turkey  
 Fish (including smoked)  
 Cold cuts  
 Eggs  
 Lentils, canned and rinsed  
 Lima and mung beans  
 Quorn  
 Tempeh  
 Tofu (firm)

## DRINKS

Coffee (no milk)  
 Tea (Weak and no milk)  
 Orange juice (limit to 1/3 cup)  
 Very small amounts of wine, Gin, Vodka,  
 Whiskey  
 Water

## CONDIMENTS

Butter  
 BBQ sauce  
 Ketchup/Tomato sauce  
 Golden syrup  
 Maple syrup  
 Margarine  
 Mayonnaise  
 Mint sauce  
 Mint jelly  
 Miso paste  
 Mustard  
 Peanut butter  
 Sweeteners (Equal, Stevia and Splenda)  
 Shrimp paste  
 Soy, fish and oyster sauce  
 Sweet and sour sauce  
 Vanilla essence  
 Vegemite/Marmite  
 Apple cider vinegar  
 Malt vinegar  
 Balsamic vinegar  
 Red wine vinegar  
 Worcestershire sauce

## NUTS AND SEEDS

Almonds  
 Brazil nuts  
 Hazelnuts  
 Macadamia nuts  
 Peanuts  
 Pine nuts  
 Pecans  
 Walnuts  
 Chia seeds  
 Linseeds  
 Poppy seeds

## DIARY

Cheese (all firm varieties)  
 Cottage cheese  
 Ricotta cheese  
 Lactose-free yogurt (plain)  
 Lactose-free milk  
 Almond milk  
 Hemp milk  
 Quinoa milk  
 Rice milk  
 Soy milk (made from protein)

## SWEETS AND SNACKS

Dark chocolate (85% cacao or more is ideal)  
 Corn chips  
 Cookies  
 Biscuits made with low FODMAP flours  
 Jello  
 Potato chips/crisps (plain, salted)  
 Popcorn  
 Rice crackers, rice cakes crispbread

## GRAINS

Amaranth  
 Arrowroot  
 Cacao powder (2 teaspoons / 4.5 grams)  
 Gluten-free bread  
 True sourdough bread (no yeast)  
 Oats, rolled (½ cup)  
 Buckwheat flour  
 Gluten-free cereal (no honey or dried fruit)  
 Corn flakes  
 Corn/Maize flour  
 Corn tortillas  
 Muesli (no fruit)  
 Rice Krispies  
 Spirulina  
 Tapioca flour  
 Teff  
 Wheatgrass powder

## PASTA

Konjac noodles  
 Rice noodles  
 Gluten-free pasta  
 Polenta  
 Quinoa  
 Rice (all types except rice pilaf)  
 Rice noodles

## FRUIT

Avocado (very small quantities only)  
 Bananas (firm/green only, 1 medium)  
 Blueberries  
 Cantaloupe (½ cup)  
 Coconut (desiccated, ½ cup)  
 Grapes  
 Honeydew melon (½ cup)  
 Kiwi fruit (2 small)  
 Lemons  
 Limes  
 Mandarins  
 Oranges  
 Passion fruit  
 Pineapple (1 cup)  
 Raspberries  
 Strawberries