

LOW FOD MAPS SHOPPING LIST

VEGETABLES

Bamboo shoots
Bean sprouts
Broccoli (3/4 cup)
Cabbage, common and red (3/4 cup)
Carrots
Celery (less than 5cm stalk)
Chick peas (1/4 cup max)
Corn (1/2 cob max)
Courgette / Zucchini (65g)
Cucumber
Eggplant (1 cup)
Green beans
Green pepper (1/2 cup)
Kale
Lettuce e.g. Butter, iceberg, rocket
Parsnip
Potato
Pumpkin
Red peppers
Scallions / spring onions (green part)
Squash
Sweet potato (1/2 cup)
Tomatoes (1 small)
Turnip (1/2 turnip)



PROTEIN

Beef
Chicken
Lamb
Pork
Quorn mince
Cold cuts e.g. Ham and turkey breast



NUTS AND SEEDS

Almonds (max of 10)
Chestnuts
Hazelnuts
Macademia nuts
Peanuts
Pecans (10 halves)
Poppy seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts



FRUIT

Bananas, unripe (1 medium)
Blueberries (1/4 cup)
Cantaloupe (3/4 cup)
Cranberry
Clementine
Grapes
Melons e.g. Honeydew, Galia (1/2 cup)
Kiwifruit (2 small)
Lemon
Orange
Pineapple
Raspberry (30 berries)
Rhubarb
Strawberry



DAIRY

Almond milk
Coconut milk (125ml)
Hemp milk (125ml)
Lactose free milk
Oat milk (30ml max)
Rice milk
Soya milk made with soy protein



Butter
Dark chocolate (5 squares)
Eggs
Milk chocolate (4 squares max)
White chocolate (3 squares max)

Brie
Camembert
Cheddar
Cottage cheese
Feta
Mozzarella
Parmesan
Swiss

GRAINS

Oats
Quinoa
Gluten free foods e.g. breads, pasta
Savory biscuits
Buckwheat
Chips / crisps (plain)
Cornflour
Oatmeal (1/2 cup max)
Popcorn
Pretzels
Rice e.g. Basmati, brown, white
Tortilla chips



SWEETENERS

Aspartame
Acesulfame K
Glucose
Saccharine
Stevia
Sucralose
Sugar / sucrose



CONDIMENTS

Barbeque sauce (check ingredients)
Chutney (1 tbsp max)
Garlic infused oil
Golden syrup (1 tsp)
Strawberry and raspberry jam / jelly
Mayonnaise
Mustard
Soy sauce
Tomato sauce



DRINKS

Beer (one max)
Coffee, black
Drinking chocolate powder
Herbal tea (weak)
Orange juice (125ml max)
Peppermint tea
Water
Wine (one max)



PASTA

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

