

LOW FODMAPS SHOPPING LIST

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)
Chilli (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)

FRUIT

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

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)

NUTS AND SEEDS

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

DAIRY

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)

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

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

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

PASTA

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