

# LOW FODMAPS

## 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

## 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

## PASTA

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

## NUTS AND SEEDS

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

## 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

## 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

## DRINKS

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

