

LOW FODMAPS SHOPPING LIST

VEGETABLES

Alfalfa
Arugula
Bamboo Shoots
Bean Sprouts
Beets*
Bell Peppers
Bok Choy
Butternut Squash*
Carrot
Chives
Choko
Choy Sum
Corn*
Courgette
Cucumber
Eggplant
Endive
Ginger
Green Beans
Kale
Lettuce
Okra
Olives
Parsnip
Potato
Radish
Red Chili
Silver Beet
Spinach
Spring Onion (Green Part Only)
Squash
Swede
Sweet Corn*
Sweet Potato*
Taro
Tomato
Turnip
Water Chestnuts
Yam
Zucchini

DAIRY

MILK:
Coconut Milk
Lactose Free Milk
Rice Milk

CHEESE:
Brie
Camembert
Cheddar
Feta
Mozzarella
Parmesan
Swiss
Hard Cheeses

YOGURT:
Lactose Free Yogurt

FRUITS

Banana (not Ripe)
Blueberry
Cantaloupe
Coconut
Clementine
Cranberry
Cranberry Juice
Dragonfruit
Durian
Grape
Grapefruit*
Honeydew
Kiwifruit
Lemon
Lime
Mandarin
Orange
Passion Fruit
Pawpaw
Pineapple
Pomegranate
Raspberry
Rhubarb
Rockmelon
Star Anise
Strawberry
Tangelo

GRAINS

Arrowroot
Gluten Free Oats
Gluten Free Pasta
Millet
Polenta
Psyllium
Quinoa
Rice
Rice Bran
Sorghum
Tapioca

NUT AND SEEDS

Chia Seeds*
Flax Seeds*
Hazelnuts*
Macadamia Nuts*
Peanuts*
Pecans*
Pine Nuts*
Pumpkin Seeds*
Sesame Seeds*
Sunflower Seeds*
Walnuts*

PROTEIN

Chicken
Beef
Eggs
Fish
Lamb
Pork
Tofu

SWEETENERS

Aspartame*
Glucose
Maple Syrup
Splenda*
Sucrose
Sugar
Treacle
Truvia

ALCOHOL

Beer
Gin
Vodka
Whisky
Wine: Red, White, Sparkling & Sweet

MISC

Coffee
Espresso
Tea: Black, Green, White and Peppermint

PASTA

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