

LOW FODMAP DIET FOOD GUIDE

< LOW FODMAP >

VEGETABLES

Vegetables are a crucial part of a healthy & balanced diet, but some of them can be problematic for low FODMAP dieters, as FODMAPs are often found in high amounts in certain vegetables.

For instance, asparagus contains fructans & fructose, making it high FODMAP. Eating large amounts of high FODMAP can worsen the symptoms of irritable bowel syndrome, such as bloating, gas, & abdominal pain. However, it's essential to remember that vegetables are a vital part of a healthy diet, so it's not necessary to eliminate them altogether. Instead, replace high FODMAP with low FODMAP ones to ensure a nutritious diet while reducing the risk of digestive issues.

Some examples of low FODMAP vegetables that are safe to consume in moderation include carrots, green beans, bell peppers, cucumber, lettuce, spinach, & zucchini. Many vegetables are a great source of vitamins, minerals, & fiber, making them beneficial for gut health. However, the portion sizes of these vegetables also matter when it comes to FODMAPs. To determine the appropriate portion sizes for your individual needs, it's recommended to consult a FODMAP-trained dietitian or use a FODMAP app that can help you track your FODMAP intake.

Overall, while some vegetables can be high in FODMAPs, you can still enjoy a variety of low FODMAP vegetables to maintain a healthy & balanced diet. With the help of a healthcare professional, you can find a balance between getting the nutrients your body needs & reducing your digestive discomfort.

- Alfalfa
- Bamboo shoots
- Bean sprouts
- Beetroots, canned & pickled
- Bok choy / Pak choy
- Broccoli, whole... 3/4 cup
- Broccoli, heads only... 5/4 cup
- Broccoli, stalks only... 1/5 cup
- Broccolini, whole... 1/2 cup chopped
- Broccolini, heads only... 1/2 cup
- Broccolini, stalks only... 1 cup
- Brussels sprouts... 2 sprouts
- Butternut squash... 1/4 cup
- Cabbage, common & red... 3/4 cup
- Carrots
- Celeriac
- Celery... less than 5cm of stalk
- Chicory leaves
- Chick peas... 1/4 cup
- Chili... if tolerable
- Chives
- Choy sum
- Collard greens
- Corn / sweet corn... if tolerable & only in small amounts... 1/2 cob
- Courgette... 65g
- Cucumber
- Eggplant/ aubergine... 1 cup
- Fennel
- Green beans
- Green pepper... 1/2 cup
- Ginger
- Kale
- Leek leaves

< HIGH FODMAP >

- GARLIC
AVOID ENTIRELY IF POSSIBLE
(incl. garlic salt, garlic powder)
- ONIONS
AVOID ENTIRELY IF POSSIBLE
(incl. onion powder, small pickled onions)
- Artichoke
- Asparagus
- Beetroots, fresh
- Black-eyed peas
- Broad beans
- Butter beans
- Cassava
- Cauliflower
- Celery
(greater than 5cm of stalk)
- Fermented cabbage
(e.g. sauerkraut)
- Leek bulb
- Mange tout
- Mixed vegetables
- Mushrooms
- Peas, sugar snap
- Pickled vegetables
- Savoy cabbage... over 1/2 cup
- Soy beans
- Split peas
- Spring onion, bulb, white part
- Shallots
- Taro

< LOW FODMAP >

COOKING INGREDIENTS, HERBS & SPICES

They are an essential part of any delicious meal, but they can also be a source of high FODMAP ingredients. Onions & garlic are common ingredients in many recipes.

Herbs & spices can add flavor to dishes without adding high FODMAP ingredients. However, it's important to check the ingredients list of pre-made blends, as some may contain high FODMAP ingredients like onion powder.

- Spices:
All spice, Black pepper, Cardamom, Chili powder (check ingredients, sometimes has garlic added), Chipotle chili powder, Cinnamon, Cloves, Curry powder, Five spice, Fennel seed, Fenugreek, Ground cardamom, Ground coriander, Ground fennel, Ground ginger, Ground nutmeg, Ground onion, Ground turmeric

- Herbs:
Basil, Bay leaf, Carrot, Coriander, Dill, Mint, Oregano, Parsley, Ramps, Rosemary, Sage, Tarragon, Thyme
- Oils:
Avocado oil, Canola oil, Coconut oil, Olive oil, Peanut oil, Rice bran oil, Sesame oil, Soybean oil, Sunflower oil, Vegetable oil

- Alkal powder
- Asafoetida powder
(great onion substitute)
- Baking powder / Baking soda
- Cocoa powder / Cocoa powder
- Cream, 2 tablespoons
- Ghee, clarified butter... 1 tbsp
- Gelatine
- Icing sugar
- Lard
- Mango Powder... 1 tsp
- Nutritional yeast
- Salt
- Tahini, hulled... 30g

THIS IS A SAMPLE SCREENSHOT

GI Diet Cheat Sheet

Robert R. Redfield

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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