

# THE ULTIMATE LOW FODMAPS FOOD & SHOPPING LIST

Serving sizes are per meal/sitting (not per day). Sizes are dry/raw unless specified. No serve size = no/trace amounts FODMAPs.

## FRUIT

Avocado (1/8 medium avocado)  
Banana-ripe (1/2 medium)  
Banana-unripe/green (1 medium)  
Banana-sugar/lady finger (1 firm)  
Blueberries (20 blueberries)  
Breadfruit (1/2 fruit)  
Cantaloupe/Rockmelon (1/2 cup)  
Carambola/Star Fruit  
Coconut (1/2 cup)  
Cuminquats/Kumquats (4 pieces)  
Dragon fruit (1 medium)  
Durian  
Grapes, all types  
Guava-ripe  
Honeydew melon (1/2 cup)  
Kiwi fruit (2 small)  
Lemons & Limes (including juice)  
Longan (5 longans)  
Mandarin & Clementine  
Mangosteen (1 medium)  
Oranges  
Passionfruit (1 whole)  
Paw paw  
Pineapple (1 cup)  
Plantain  
Pomegranate (1/4 cup seeds)  
Prickly pear  
Rambutan (2 rambutans)  
Raspberries (10 berries)  
Rhubarb  
Strawberries  
Tamarind (4 pieces)

## CEREALS & GRAINS

Bran, Oats & Rice (2 tbsp)  
Buckwheat groats (3/4 cup)  
Cereal, Gluten-free without  
honeydried fruit (1 cup)  
Flakes of corn (1/2 cup)  
Flakes of corn, gluten-free (1 cup)  
Flakes of quinoa (1 cup, uncooked)  
Millet (1 cup cooked)  
Noodles, rice stick & brown rice  
vermicelli (1 cup cooked)  
Noodles, soba (1/3 cup)  
Oats (1/2 cup)  
Oats, quick (1/4 cup dry)  
Pasta (1/2 cup cooked)  
Pasta, Gluten-free (1 cup cooked)  
Polenta (1 cup cooked)  
Puffed amaranth (1/4 cup)  
Quinoa, all types (1 cup cooked)  
Rice, all types (1 cup cooked)

## FLOUR

Almond meal (1/4 cup)  
Buckwheat flour (2/3 cup)  
Corn/maize flour/starch (2/3 cup)  
Gluten-free flour (2/3 cup)  
Millet flour (2/3 cup)  
Potato flour/starch (2/3 cup)  
Quinoa flour (2/3 cup)  
Rice flour (2/3 cup)  
Sorghum flour (2/3 cup)  
Tapioca flour/starch (2/3 cup)  
Teff flour (2/3 cup)  
Yam flour (2/3 cup)

## VEGETABLES

Aufaita (1/2 cup)  
Artichoke hearts, canned (1/8 cup)  
Arugula/Rocket  
Asian & Collard greens  
Aubergine/Eggplant (1/2 cup)  
Bamboo shoots  
Beans, green (12 beans)  
Beansprouts  
Beetroot (2 slices)  
Bell peppers/Capsicum (1/2 cup)  
Broccoli heads or whole (1 cup)  
Broccolini, stalks or whole (1/2 cup)  
Brussels sprouts (2 sprouts)  
Cabbage (1 cup - not savory)  
Carrots  
Celery (5 cm stalk)  
Celeriac (1/2 medium piece)  
Champignons, canned (1/2 cup)  
Chard/Silverbeet (1 cup)  
Chicory leaves (1/2 cup)  
Chicory/Endive/Witlof (4 leaves)  
Chilli, red or green (11 cm long)  
Corn (1/2 cob max)  
Courgette/Zucchini (1/2 cup)  
Cucumber (1/2 cup)  
Edamame beans (1 cup)  
Endive (4 leaves)  
Fennel bulb or leaves (1/2 cup)  
Galangal  
Ginger  
Kale  
Leek leaves (1/2 cup)  
Lettuce and Endive- all types  
Mushrooms, oyster (1 cup)  
Okra (6 pods)  
Olives, green or black (15 small)  
Parsnips  
Pickles/Gherkins in vinegar (5 pieces)  
Potato- regular  
Potato- sweet potato (1/2 cup)  
Pumpkin/Squash- kent/Japanese  
Pumpkin/Squash- butternut (1/2 cup)  
Radish  
Sauerkraut, white (1 tbsp)  
Sauerkraut, red (1/2 cup)  
Scallion/Spring onion (green tops)  
Seaweed/mori (2 sheets)  
Snow peas/Mangout (5 pods)  
Spaghetti squash (1 cup)  
Spinach, baby (1 cup)  
Sprouts (1/2 cup)  
Spinach, English  
Tomatoes- regular  
Tomatoes, cherry (4 cherries)  
Tomatoes, Roma (1 small)  
Tomatoes, sundried (2 pieces)  
Turnip, Swede, Rutabagas (1 cup)  
Water chestnuts (1/2 cup)  
Yam (1 cup)

## BREADS

Gluten-free bread, no high  
FODMAP ingredients (2 slices)  
Millet bread (2 slices)  
Sourdough bread, 100% spelt  
or wheat (2 slices)  
Corn tortillas (2 pieces)

## DAIRY & ALTERNATIVES

\*Most cheese is fine if less than 1g of  
sugar/lactose per serve  
Cheese- all except cream cheese, (1/2  
cup, 2 slices or 2 wedges)  
Cheese, cottage & ricotta (4 tbsp)  
Coconut milk/cream (1/2 cup)  
Cream, whipped (1/2 cup)  
Yogurt- Plain lactose-free, coconut,  
Goat's milk (1 tub or 170 grams)  
Milk- Lactose-free, Almond, Hemp  
Macadamia, Quinoa, Rice, Soy (1 cup)  
Milk- coconut, oat (1/2 cup)  
Milk- condensed (1 tbsp)  
Soy cheese

## MEAT, FISH, EGGS, TOFU & LEGUMES

\*Canned in fluid reduces FODMAPs  
Any unprocessed meat, fish or eggs  
(without high FODMAP  
ingredients like onion or garlic,  
Dahi- chana & urid (1/2 cup)  
Chickpeas, butter and garbanzo  
beans- canned & rinsed (1/4 cup)  
Lentils- canned & rinsed (1/2 cup)  
Lentils- red & green, boiled (1/4 cup)  
Lima & mung beans (1/4 cup)  
Quorn (75 g)  
Tempeh (100 g)  
Tofu- firm not silken (2/3 cup)

## NUTS & SEEDS

Almonds, Brazil nuts, hazelnuts,  
pecans & walnuts (<10 pieces)  
Chestnuts (20 boiled or 10 roasted)  
Flaxseeds/linseeds (1 tbsp)  
Macadamias (20 nuts)  
Mixed nuts (20 nuts)  
Peanuts (32 nuts)  
Pinenuts (1 tbsp)  
Seeds- chia, egusi, poppy, pumpkin  
sesame (2 tbsp)  
Seeds- sunflower (2 tsp)

## DRINKS

Beer (1 can or 375ml)  
Drinking chocolate, cocoa, cacao but  
not carob (2 big tsp)  
Coconut water (1/2 cup or 100ml)  
Coffee- black & espresso (2 shots)  
Coffee- instant (2 tsp)  
Juice- cranberry & tomato (200ml)  
Juice- fresh orange (1/2 cup)  
Spirits- gin, vodka & whiskey (30ml)  
Strong Tea- green, peppermint &  
white (not dairy) (1 mug or 250ml)  
Weak Tea- black, chai & dandelion on  
water (1 mug or 250ml)  
Wine- red & white (1 glass or 150ml)

## HERBS & SPICES

All herbs & spices, fresh & dried  
except garlic, onion or chiony  
(usually 1 tsp, check Monash app)  
Salt & Pepper  
Spice mixes (no garlic or onion)  
Stock without garlic or onion

## SWEETS & SNACKS

Chocolate, dark, 85+% cocoa (5  
squares or 30g)  
Chocolate, milk or white (1 fun-  
size bar or 15g)  
Corn chips (1 small pack or 50g)  
Cookies/biscuits (2 plain)  
Cookies/biscuits (1 shortbread)  
Crackers (5 plain saltine)  
Dried bananas (10 chips)  
Golden syrup (1/2 tbsp)  
Jaggery (1/2 tbsp)  
Jello/Jelly (1/2 packet or 250ml)  
Maple syrup (1 tbsp)  
Potato chips/crisps (plain, salted 1  
small packet, 30g)  
Pretzels (1/2 cup)  
Popcorn (7 cups)  
Rice cakes/crispbread (2 plain)  
Rice crackers (20 plain)  
Rice malt syrup (1 tbsp)  
Sugar- all types (1 tbsp)  
Sweeteners- Equal, Stevia &  
Splenda (2 sachets)  
Treacle (1/2 tbsp)

## SAUCES & CONDIMENTS

BBQ sauce (2 tbsp)  
Capers (1 tbsp)  
Chutney (1 tbsp)  
Aubergine/Eggplant dip (2 tbsp)  
Mayonnaise (2 tbsp)  
Mint sauce & jelly (1 tbsp)  
Miso paste (2 sachets)  
Mustard (1 tbsp)  
Pesto sauce (1/2 tbsp)  
Shrimp Paste (2 tsp)  
Soy, fish & oyster sauce (2 tbsp)  
Sweet & Sour Sauce (2 tbsp)  
Tahini (1 tbsp)  
Tamarind paste (1/2 tbsp)  
Tomatoes, canned (1/2 cup)  
Tomato sauce (2 sachets or 13g)  
Tomato paste (2 tbsp)  
Vanilla essence (1 tsp)  
Vinegar- apple cider, malt, red  
wine, rice wine (2 tbsp)  
Vinegar- balsamic (1 tbsp)  
Wasabi (1 tsp)  
Worcestershire sauce (2 tbsp)

## SPREADS

Butter & margarine  
Marmalade- no high FODMAP  
fruits (2 tbsp)  
Peanut butter/PB2 (2 tbsp)  
Quince paste (1/2 tbsp)  
Strawberry jam (2 tbsp)  
Vegemite/Marmite (1 tsp)

## FATS & OILS

All fats and oils, including garlic  
& onion infused oil, avocado oil,  
coconut oil & peanut oil.

## DIETvsDISEASE

For more information on the  
Low FODMAP Diet, visit  
[www.DietvsDisease.org](http://www.DietvsDisease.org)

# Low Fodmap Shopping Guide

**ML Morrison**



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