

Low FODMAP Foods

Fruits

Avocado (1/8 or less)
Banana
Blueberry
Cantaloupe
Clementine
Cranberry
Durian
Dried Fruit (1 Tbsp or less)
Grape
Honeydew Melon
Kiwifruit
Lemon
Lime
Mandarin Orange
Orange
Passion fruit
Papaya
Pineapple
Raisins (1 Tbsp)
Raspberry
Rhubarb
Strawberry
Tangelo

Legumes, Nuts & Seeds

Almond (10 nuts or fewer)
Almond Butter (1 Tbsp)
Brazil Nuts
Chia Seeds
Chickpea (1/4 cup or less)
Flaxseed (ground, 1 Tbsp)
Lentil (1/2 cup or less)
Peanut Butter (2 Tbsp)
Peanuts
Pecans
Pine Nuts
Poppy Seeds
Sesame Seeds
Soy Lecithin
Soybean Oil
Soy Sauce
Sunflower Seeds
Pumpkin Seeds
Tahini (1 Tbsp)
Tofu
Walnuts

Protein

Chicken
Fish
Beef
Egg
Seafood
Pork
Seitan
Tempeh
Turkey

Vegetables

Alfalfa
Bamboo Shoot
Bean Shoot
Beetroot (2 slices)
Bok Choy
Broccoli (1/2 cup or less)
Brussels Sprout (1/2 cup or less)
Butternut Squash (1/4 cup or less)
Cabbage
Carrot
Celery (1/2 stalk or less)
Choko
Choy Sum
Corn (1/2 cob or less)
Eggplant
Endive
Fennel (1 cup or less)
Ginger Root
Green Bean
Lettuce
Okra (6 pods or less)
Olives
Parsnip
Pepper (red and green bell pepper)
Potato
Pumpkin (canned, less than 1/2 cup)
Rutabaga
Snow Peas (less than 5 pods)
Spinach
Spring Onion (green tops only)
Squash (spaghetti, yellow)
Sweet Potato (1/2 cup or less)
Swiss Chard
Taro
Tomato
Turnip
Yam
Zucchini

Grains

Gluten-Free Bread (check for other FODMAPs)
Gluten-Free Cereal (check for other FODMAPs)
100% Spelt, Wheat, and White Sourdough Bread
Rice
Oats (dry, 1/2 cup or less)
Polenta
Arrowroot
Millet
Psyllium
Quinoa
Sorghum
Tapioca
Wheat Dextrin
Wheat Maltodextrin
Wheat Starch

Low FODMAP Foods

Dairy

Almond Milk
Brie
Camembert
Coconut Milk (canned, for cooking)
Hard Cheese
Hemp Milk
Kefir
Lactose-Free Cottage Cheese
Lactose-Free Ice Cream
Lactose-Free Milk
Lactose-Free Yogurt
Sorbet
Whey Protein Isolate

Sweeteners

Artificial Sweeteners not ending in 'ol'
Aspartame
Beet Sugar
Brown Sugar
Cane Juice Crystals
Cane Sugar
Castor Sugar
Corn Syrup And Corn Syrup Solids
Cultured Corn Syrup
Dehydrated Sugar Cane Juice
Dextrose
Erythritol*
Glucose
Golden Syrup
Granulated Sugar
High-Maltose Corn Syrup
Icing Sugar
Invert Sugar
Malt Extract
Maltodextrin
Maltose
Maple Syrup (pure)
Organic Sugar
Raw Sugar
Refined Sugar
Saccharine
Stevia
Sucrose (Sugar)
Treacle

Herbs & Spices

All Spice
Asafoetida
Basil
Cardamom
Chili Powder
Chives
Cilantro
Cinnamon
Coriander Seeds
Cumin
Curry Powder
Fennel Seeds
Ginger
Lemongrass
Marjoram
Mint
Nutmeg
Oregano
Paprika
Parsley
Pepper (black)
Rosemary
Saffron
Star Anise
Tarragon
Thyme
Turmeric

Beverages

Coffee
Diet Soda (8 oz)
Sucrose Sweetened Soda (8 oz)
Tea (except chia, oolong, fennel, and chamomile)

Other

Almond (10 nuts or fewer)
Bakers Yeast
Baking Powder
Baking Soda
Black Pepper
Cocoa Powder (1 Tbsp or less)
Corn Starch
Guar Gum
Modified Food Starch
Olive Oil
Pectin
Resistant Starch
Xanthan Gum