

# THE ULTIMATE LOW FODMAPS FOOD & SHOPPING LIST

Serve amounts are dry/raw unless otherwise specified. No amount = "free". List based on the Monash University Low FODMAP app.

## FRUIT

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

## CEREALS & GRAINS

Bran, Oats & Rice (2 tbsp)  
Buckwheat groats (3/4 cup)  
Cereal, Gluten-free without honey/dried fruit (1 cup)  
Corn flakes (1/2 cup)  
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)  
Weetbix, oat cereal biscuit (2 biscuits)

## FLOUR

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

## VEGETABLES

Alfalfa  
Artichoke hearts, canned (1/8 cup)  
Arunghar/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 (1/2 cup)  
Brussels sprouts (2 sprouts)  
Cabbage (1 cup - not savoy)  
Carrots (1 medium)  
Celery (5 cm stalk)  
Celeriac (1/2 medium piece)  
Champignons/Button mushrooms, 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)  
Courgette/Zucchini (1/2 cup)  
Cucumber (1/2 cup)  
Edamame beans (1 cup)  
Endive (4 leaves)  
Fennel bulb or leaves (1/2 cup)  
Galangal (3-5 cm piece)  
Ginger (1 tsp)  
Kale  
Leek leaves (1/2 cup)  
Lettuce- all types (1 cup)  
Okra (6 pods)  
Olives, green or black (15 small)  
Parsnips (1/2 cup)  
Pickles/Gherkins in vinegar (5 pieces)  
Potato- regular  
Potato- sweet potato (1/2 cup)  
Pumpkin - not butternut/squash (1/2 cup)  
Radish (2 radish)  
Sauerkraut, white (1 tbsp)  
Sauerkraut, red (1/2 cup)  
Scallions/Spring onion (green leaves at top only)  
Seaweed/nori (2 sheets)  
Snow peas/Mangebout (5 pods)  
Spinach (1 cup)  
Sprouts (1/2 cup)  
Sweet corn (1/2 cob)  
Tomatoes- regular  
Tomatoes, canned (1/2 cup)  
Tomatoes, cherry (4 cherries)  
Tomatoes, Roma (1 small)  
Tomatoes, sundried (2 pieces)  
Turnip (1 cup)  
Water chestnuts (1/2 cup)  
Yam (1 cup)  
Yellow squash (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- Lactose-free & Goat's milk (1 tub)  
Milk- Lactose-free, Goat's, Almond, Hemp, Rice, Soy (1 cup)  
Milk- condensed (1 tbsp)  
Ice-cream, Lactose-free (1/2 cup)

## 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)  
Macadamias (20 nuts)  
Peanuts (32 nuts)  
Pinenuts (1 tbsp)  
Seeds- chia, egusi, poppy, pumpkin sesame & sunflower (2 tbsp)  
LSA- Linseed, Sunflower & Almond mix (1 tbsp)

## 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)  
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 chicory (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)  
Jellor/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 (1 tbsp)  
Capers (1 tbsp)  
Chutney (1 tbsp)  
Aubergine/Eggplant dip (2 tbsp)  
Mayonnaise  
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)  
Tomato sauce (2 sachets or 13g)  
Tomato paste (2 tbsp)  
Vanilla essence (1 tbsp)  
Vinegar- apple cider, balsamic, rice wine (2 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

**Sarah Ballantyne**



## **Low Fodmap Shopping Guide:**

## Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Low Fodmap Shopping Guide**

In a global inundated with monitors and the cacophony of immediate communication, the profound energy and emotional resonance of verbal art often disappear into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, nestled within the musical pages of **Low Fodmap Shopping Guide**, a fascinating work of fictional brilliance that pulses with raw feelings, lies an unforgettable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that enchanting opus guides visitors on a psychological odyssey, softly exposing the latent possible and profound influence embedded within the delicate web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is key styles, dissect their fascinating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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