

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

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K Morrison



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