

Low FODMAP Food List

Vegetables	Fruits	Nuts, Seeds	Grains	Proteins	Dairy	Sweeteners
Artichoke hearts	Ackee	Brazil nuts	Buckwheat	<u>Omnivore:</u>	<u>Omnivore:</u>	Brown Rice Syrup
Bamboo Shoots	Bananas (Unripe)	Chestnuts	Millet	Eggs	Butter	Coconut Sugar
Bean Sprouts	Bilberries	Chia seeds	Oats: Soaked	Meat (all)	Cheeses	Licorice Root
Bell Pepper	Breadfruit	Flaxseeds	Oats: Steel-cut	Seafood (all)	American Cheese	Maple Syrup
Cabbage, Red (< 1.5 C)	Carambola	Hazelnuts	Quinoa		Bleu Cheese	Monk Fruit*
Cabbage, Green (< 1 C)	Cantaloupe	Hemp seeds	Rice (All)	<u>Vegan:</u>	Cheddar Cheese	Stevia
Callaloo	Clementine	Macadamia	Sorghum Flour	Brown Lentils	Colby Cheese	Table Sugar
Carrots	Cumquats	Peanuts	Teff	Edamame	Mozarella Cheese	
Celeriac	Dragon Fruit	Pecans	<u>May be tolerated:</u>	Firm Tofu	Parmesan Cheese	*Note: Some products
Chives	Durian	Pine nuts	"Ancient grains"	Lima Beans	Swiss Cheese	are monk fruit combined
Collard Greens	Grapes	Pumpkin seeds	Sourdough bread	Tempeh	Cream Cheese	with Erythritol, a Polyol**.
Cucumber	Kiwifruit	Sesame Seeds			Condensed Milk	You can buy plain/pure
Eggplant	Lemon	Sunflower seeds		<u>Notes:</u>	Cottage Cheese	Monk fruit online, though.
Green Beans	Lime	Tiger nuts	<u>Notes:</u>	Some people	Feta	
Kale	Mandarin	Walnuts	Milks (like oat milk)	tolerate beans	Ghee	**Polyol - the P in FODMAP
Karela	Mangosteen		can be high FODMAP	(ex. chickpeas)	Lactose-removed cheese	
Lettuce (All)	Orange*			if the skins are	Lactose-removed milk	
Okra	Passion Fruit		Sorghum syrup is	removed. The	Margarine	
Olives	Paw Paw		high FODMAP but	same is true for	Sour Cream	
Parsnip	Papaya		the whole grain or	almonds.		
Potato	Pineapple		flour is fine.		<u>Vegan:</u>	
Pumpkin	Plantain				Coconut or Soy	
Radish	Prickly Pear		Oats are fine in their		Cheeses	
Scallion (Green Part)	Rhubarb		less-processed state		Milk	
Seaweed	Starfruit		but gain FODMAP		Yogurt	
Spagetti Squash	Strawberry		content as quick			
Spinach	Tamarind		oats.			
Swiss Chard	Tangelo					
Sweet Potato/Yam						
Tomato	*Whole fruit is OK,					
Tomatillo	but not juice.					
Turnip						
Water Chestnut						
Zucchini (< 0.5 C)						