

LOW FODMAPs SHOPPING LIST

This is a list of foods low in FODMAPs that you can use as a shopping guide

VEGETABLES

Alfalfa sprouts
Bamboo shoots
Bean sprouts
Beets (limit to 4 slices)
Bokchoy
Bell peppers (Capsicum)
Broccoli (limit 1/2 cup)
Brussels sprouts (limit 1/2 cup)
Butternut squash (limit to 1/2 cup)
Carrots
Corn (half a cob)
Celery (limit to 1 stick)
Chives
Cucumber
Cauliflower
Eggplant
Endive
Fennel
Ginger
Green beans
Green peas (limit to 1/2 cup)
Kale
Leek
Lettuce
Olives
Pumpkin (limit to 1/2 cup)
Parsnip
Peas (limit to 1/3 cup)
Potato, white
Radishes
Swede
Seaweed (nori)
Scallions (green part only)
Spinach
Summer squash
Sweet potato (limit to 1/2 cup)
Turnips
Tomato
Water chestnuts
Zucchini

FRUIT

Avocado (limit to 1/4)
Banana (small)
Blueberries
Cantaloupe (Rockmelon)
Cranberries
Cherries (limit to 3)
Grapefruit
Grapes
Honeydew melon
Kiwifruit
Lemon
Lime
Loquat (limit to 10)
Lychee (limit to 5)
Mandarin
Orange
Pomegranate (limit to 1/2)
Passion fruit
Pineapple
Raspberries
Rhubarb
Strawberries
Tamarind
Tangelo
Paw paw
Papaya

PROTEIN FOODS

Beef
Chicken
Chickpeas and lentils (drained)
Fish
Egg
Kangaroo
Lamb
Pork
Shellfish (including prawns, crab, shrimp, etc)
Tofu
Turkey
Tempeh

NUTS & SEEDS

Almonds
Chestnuts
Chia seeds
Macadamias
Other varieties of nut-butter
(eg. Almond nut-butter)
Peanuts
Pecans
Pine nuts
Pumpkin seeds
Peanut butter
Sesame seeds
Sunflower seeds
Walnuts

DAIRY

CHEESE

Cheddar
Swiss
Parmesan
Gruyere
Feta
Camembert
Cream cheese
Mozzarella

MILK

Lactose free (Any lactose-free dairy products)
Greek yogurt
Whipped cream
Butter
Kefir

NON-DAIRY ALTERNATIVES

Coconut milk (limit to 1/2 cup)
Rice milk
Almond milk
Soy milk

GRAINS

Oats
Oat bran
Quinoa
Rice: white and brown
Rice bran
Gluten-free breads (choose white breads)
Bread made from oats, rice, corn,
spelt and potato flours
Buckwheat
Popcorn
Corn chips
Potato
Sourdough

DRINKS

Coffee (no milk)
Tea (weak and no milk)
Orange juice (limit to 1/3 cup)
Very small amounts of wine, gin, vodka,
whiskey

CONDIMENTS

Mustard
Fish sauce
Soy sauce
Oyster sauce
Worcestershire sauce
Sweet and sour sauce
Chutney
Mayonnaise
Shrimp paste
Vegemite
Balsamic vinegar (limit to 2 tbsp)
Wasabi
Rice wine vinegar

SWEETS AND SWEETENERS

Maple syrup
Sugar
Stevia
Dark chocolate
Sorbet
Gelato

COOKING OILS, HERBS AND SPICES

All oils generally acceptable

Herbs: Basil, Cilantro, Coriander, Curry
leaves, Fenugreek, Gotukola, Lemongrass,
Mint, Oregano, Pandan, Parsley, Ramps,
Rosemary, Tarragon, Thyme

Spices: All spice, Black pepper, Cardamom,
Chili powder, Cinnamon, Cloves, Cumin,
Curry powder, Fennel seeds, Five spice,
Gosaka, Mustard seeds, Nutmeg, Paprika,
Saffron, Star anise, Turmeric, salt

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Jessica Andersson Caroline



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