

Low FODMAP Food List – To see if FODMAPs are causing your IBS symptoms, eat only the foods on this list for one to two weeks. Limit items in bold face to one to two servings per meal as bigger servings may contain high amounts of certain FODMAPs

Grains and Starches

Amaranth
Buckwheat cereal
Buckwheat flour
Cereals made of oats, rice, corn, buckwheat, quinoa, amaranth, or millet
Oatmeal
Oat bran
Oat flour
Grits
Corn tortillas
Corn tortilla chips
Crackers, corn or rice
Cornmeal
Millet
Pasta - corn, rice, or quinoa
Popcorn
Potato
Potato Chips
Quinoa
Rice or Popcorn cakes
Rice, brown or white
Rice bran
Wild Rice, plain

Beverages

Almond milk
Beer, 12 fl. Oz.
Coconut milk
Coffee, 8 fl. Oz., 2 per day
Cranberry juice 1 cup
Espresso
Rice and hemp Milk
Tea (blk, grn, wht, peppermint)
Wine, 5 fl. Oz. (red, white, or sparkling)

Fruits

Banana
Blueberries ½ cup
Cantaloupe, ½ cup
Clementine
Coconut, dried, shred ¼ cup
Cranberries, raw, ½ cup
Craisins, 1 T
Dragon Fruit, ½ cup
Durian
Grapefruit ½ medium
Grapes 1 cup
Honeydew, ½ cup
Kiwi, 2 small
Lemon juice, 1 tsp
Lime Juice, 1 tsp
Madarin 2 small
Orange, 1 medium
Papaya ½ cup
Passion fruit, 1
Pineapple 1 cup, chopped
Raspberries ½ cup
Rhubarb 1 cup, chopped
Starfruit, 1 medium
Strawberries ½ cup
Tangelo, 1 medium

Other

Oil, any type
Mayonnaise
Tahini paste 1 T
Soy sauce
Maple syrup
Worcestershire sauce

Vegetables

Artichoke hearts, 1/8 cup
Bamboo shoots
Bean sprouts
Bell peppers ½-1 cup
Bok Choy 1 cup
Broccoli ½ - 1 cup
Brussels sprouts - 2
Cabbage 1 cup
Carrots
Celery, 1/4 stalk
Chives
Cucumber
Collard Greens
Eggplant
Edamame
Fennel leaves
Fennel bulb, ½ cup
Gingerroot
Green beans, ½ cup
Green peas, ½ cup
Kale
Lettuce – most varieties
Okra 6 pods
Olives
Pickles, dill or sour
Radishes
Red bell pepper
Scallions/ green part only
Seaweed
Spinach
Swiss chard
Sweet potato, ½ cup
Tomatoes
Turnip/rutabaga
Water chestnuts
Zucchini/Squash

Protein

All plain meats & seafood
Quorn
Tempeh
Tofu
Eggs & Egg substitute
Lentils, canned ½ cup
Chickpeas, canned ¼ cup
Nuts – almonds (10), walnuts, chestnuts, hazelnuts, macadamia, pecan
Peanuts
Seeds - sesame, sunflower, pumpkin, chia, poppy 2 T.

Peanut/almond butter, 2 T.

Dairy

Lactose free Dairy Products
Butter
Cheese - cheddar, Swiss, parmesan, Brie, Mozzarella, feta, goat cheese
Cream cheese, 2T.
Dark chocolate
Ricotta cheese 2T
Half and half, 2T.
Heavy cream, ¼ cup
Ice cream, lactose free, ½ C.
Sour cream, 2T.