

LOW FODMAP GROCERY LIST

Fruits

Avocado*
Blueberries
Grapes
Strawberries
Rhubarb
Passion fruit
Pineapple
Lemon
Lime
Orange
Cantaloupe
Clementine
Kiwi
Papaya
Raspberries
Raisins*

Dairy

Brie
Colby Jack
Cheddar
Feta
Goat cheese
Havarti
LF Cottage cheese
LF Cream cheese
Swiss
Mozzarella
Parmesan
LF milk
LF yogurt
Plain Kefir

Veggies

Arugula
Beets
Bell peppers
Bok choy
Broccoli
Cabbage
Carrots
Chili peppers
Chives
Cucumber
Eggplant
Ginger
Green beans
Kale
Leek
Lettuce
Scallions (green part only)
Sweet potatoes*
White potatoes
Radish
Olives
Spinach
Swiss chard
Tomatoes
Zucchini
Squash (all but butternut and acorn)
Corn*

Grains

GF pasta (rice, quinoa or corn)
Millet
Oats
Oat bran
Polenta
Quinoa
Rice
Rice bran
Rice or quinoa cereal
Corn tortillas
Brown rice tortillas
GF all purpose flour
Starch (corn, tapioca, potato)

Proteins

Beef
Chicken
Pork
Eggs
Tofu (firm)
Tuna
Salmon
Turkey
Chickpeas*
Lentils*

Oils/Condiments

Butter
Coconut oil
Avocado oil
Olive oil
Garlic infused oil
Mayonnaise
Mustard
Sesame oil
Soy sauce/Tamari
Coconut aminos
Oyster sauce
Peanut oil
Rice vinegar
Fish sauce
Wasabi

Nuts/Seeds

No more than 1

servings:

Almond butter
Peanut butter
Almonds*
Peanuts
Pecans
Brazil nuts
Macadamia nuts
Pine nuts
Walnuts
Sesame seeds
Sunflower seeds
Pumpkin seeds

Spices/Herbs

Basil
Cilantro
Mint
Parsley
Sage
Thyme
Rosemary
Coriander
Pepper
Cardamom
Chili
Cinnamon
Cloves
Cumin
Curry
Nutmeg
Paprika
Turmeric

Beverages

Coffee
Tea
Tea (black, green, peppermint)
Sparkling water
Almond milk
Rice milk
Coconut milk
Hemp milk
LF milk
Alcohol: Beer, Red/White wine, gin, vodka, whiskey

FODMAP Friendly Brands**

FODY Food Co.
Enjoy Life Foods
Epicured
Green Valley Creamery
Laiki Crackers
Mary's Gone Crackers
OWYN
Schar
Go Macro
Miracle Noodle
San-J
Stellar Labs
Orgran
LO-FO Pantry

***Low FODMAP when consumed in small servings**

****Check out the FODMAP Friendly or MONASH apps for more!**