THE ULTIMATE LOW FODMAP FOOD GUIDE

FODMAPs is an acronym referring to Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. These are complex names for a collection of molecules found in food, that can be poorly absorbed by some people.

If you need to move to a low FODMAP diet but unsure of what foods you're able eat, take a look at the list below of low FODMAP ingredients!

(If quantities are given these are the highest amount allowed)

Vegetables and Legumes

- Alfalfa
- Bamboo shoots
- Bean sprouts
- Bok choy / pak choi
- Broccoli – 1/2 cup
- Brussel sprouts – 1 serving of 2 sprouts
- Butternut squash – 1/4 cup
- Cabbage, common and red, up to 1 cup
- Callaloo
- Carrots
- Cassava
- Celeriac
- Celery – less than 5cm of stalk
- Chicory leaves
- Chick peas – 1/4 cup
- Chilli – if tolerable
- Chives
- Cho cho
- Choy sum
- Collard greens
- Corn / sweet corn – if tolerable and only in small amounts – 1/2 cob
- Courgette
- Cucumber
- Eggplant / aubergine
- Fennel
- Green beans
- Green pepper / green bell pepper / green capsicum
- Ginger
- Kale
- Karela
- Leek leaves
- Lentils – in small amounts
- **Lettuce:**
  - Butter lettuce
  - Iceberg lettuce
  - Radicchio lettuce
  - Red coral lettuce
  - Rocket lettuce
- Marrow
- Okra
- Olives
- Parsnip
- Peas, snow – 5 pods
- Potato
- Pumpkin
- Pumpkin, canned – 1/4 cup, 2.5 oz
- Radish
- Red peppers / red bell pepper / red capsicum
- Scallions / spring onions (green part)
- Seaweed / nori
- Silverbeet / chard
- Spaghetti squash
- Spinach, baby
- Squash
- Sun-dried tomatoes – 4 pieces
- Swede
- Swiss chard
- Sweet potato – 1/2 cup
- Tomato – canned, cherry, common, roma
- Turnip
- Water chestnuts
- Yam
- Zucchini

Fruit

- Ackee
- Bananas
- Blueberries
- Breadfruit
- Carambola
- Cantaloupe
- Cranberry
- Clementine
- Dragon fruit
- Grapes
- Guava, ripe
- Honeydew and Galia melons
- Kiwifruit
- Lemon including lemon juice
- Lime including lime juice
- Mandarin
- Orange
- Passion fruit
- Paw paw
- Papaya
- Pineapple
- Plantain, peeled
- Raspberry
- Rhubarb
- Strawberry
- Tamarind
- Tangelo

Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes

- Wheat free breads
- Gluten free breads
- **Bread:**
  - Corn bread
  - Oat bread
  - Rice bread
  - Spelt sourdough bread
  - Potato flour bread
- Wheat free or gluten free pasta
- Bread, wheat – 1 slice
- Almonds – max of 10
- Biscuit, savoury
- Biscuit, shortbread – 1 only
- Brazil nuts
- Bulgur / bourghal – 1/4 cup cooked, 44g serving
- Buckwheat
- Buckwheat flour
- Buckwheat noodles
- Brown rice / whole grain rice
- Chestnuts
- Chips, plain / potato crisps, plain
- Cornflour / maize
- Crispbread
- Cornrakes
- Cornflakes – 1/2 cup
- Coconut – milk, cream, flesh
- Corn tortillas, 3 tortillas
- Crackers, plain
- Hazelnuts – max of 15
- Macadamia nuts
- Millet
- Mixed nuts
- Oatmeal, 1/2 cup
- Oats
- Oatcakes
- Peanuts
- Pecans – max of 15
- Pine nuts – max of 15
- Polenta
- Popcorn
- Porridge and oat based cereals
- Potato flour
- Pretzels
- Quinoa
- Pasta, wheat – up to 1/2 cup cooked
- **Rice:**
  - Basmati rice
  - Brown rice
  - Rice noodles
  - White rice
  - Rice bran
  - Rice cakes
  - Rice crackers
  - Rice flakes
  - Rice flour
  - Rice Krispies
- **Seeds:**
  - Chia seeds
  - Egusi seeds
  - Poppy seeds
  - Pumpkin seeds
  - Sesame seeds
  - Sunflower seeds
- Sourdough
- Starch, maize, potato and tapioca
- Sorghum
- Tortilla chips / corn chips
- Walnuts

Meats, Poultry and Meat Substitutes

- Beef
- Chicken
- Kangaroo
- Lamb
- Pork
- Prosciutto
- Quorn, mince
- Turkey
- Cold cuts / deli meat / cold meats such as ham and turkey breast

Fish and Seafood

- Canned tuna
- **Fresh fish e.g.**
  - Cod
  - Haddock
  - Plaice
  - Salmon
  - Trout
  - Tuna
- **Seafood (ensuring nothing else is added) e.g.**
  - Crab
  - Lobster
  - Mussels
  - Oysters
  - Prawns
  - Shrimp

Condiments, Dips, Sweets, Sweeteners and Spreads

- Aspartame
- Acesulfame K
- Barbecue sauce
- Capers in vinegar
- Capers, salted
- **Chocolate:**
  - Dark chocolate
  - Milk chocolate – 3 squares
  - White chocolate – 3 squares
- Chutney, 1 tablespoon
- Fish sauce
- Garlic infused oil
- Golden syrup
- Glucose
- Jam / jelly, strawberry
- Ketchup (USA) – 1 sachet
- Maple syrup
- Marmalade
- Marmite
- Mayonnaise – ensuring no garlic or onion in ingredients
- Miso paste
- Mustard
- Oyster sauce
- Pesto sauce – less than 1 tbsp
- Peanut butter
- Rice malt syrup
- Saccharine
- Shrimp paste
- Soy sauce
- Stevia
- Sweet and sour sauce
- Sucralose
- Sugar – also called sucrose
- Tamarind paste
- Tomato sauce (outside USA) – 2 sachets, 12g
- Vegemite
- **Vinegars:**
  - Apple cider vinegar, 2 tbsp
  - Balsamic vinegar, 2 tbsp
  - Rice wine vinegar
- Wasabi
- Worcestershire sauce

Drinks

- **Alcohol – is an irritant to the gut, limited intake advised:**
  - Beer – limited to one drink
  - Clear spirits such as Vodka
  - Gin
  - Whiskey
  - Wine – limited to one drink
- **Coffee:**
  - Espresso coffee, regular or decaffeinated, black
  - Espresso coffee, regular or decaffeinated, with up to 250ml lactose free milk
  - Instant coffee, regular or decaffeinated, black
  - Instant coffee, regular or decaffeinated, with up to 250ml lactose free milk
- Drinking chocolate powder
- Espresso, regular, black
- Fruit juice, 125ml and safe fruits only
- Lemonade – in low quantities
- Malted chocolate powder e.g. Milo, Horlicks – 3 tsp
- Protein supplement
- Soya milk made with soy protein
- Sugar free fizzy drinks / soft drinks / soda – such as diet coke, in low quantities as aspartame and acesulfame k can be irritants
- "Sugar" fizzy drinks / soft drinks / soda that do to contain HFCS such as lemonade, cola. Limit intake due to these drinks being generally unhealthy and can cause gut irritation
- **Tea:**
  - Black tea, weak e.g. PG Tips
  - Chai tea, weak
  - Fruit and herbal tea, weak – ensure no apple added
  - Green tea
  - Peppermint tea
  - White tea
- Water

Dairy Foods and Eggs

- Butter
- **Cheese:**
  - Brie
  - Camembert
  - Cheddar
  - Cottage
  - Feta
  - Goat / chevre
  - Mozzarella
  - Parmesan
  - Ricotta – 2 tablespoons
  - Swiss
- Dairy free chocolate pudding
- Eggs
- Margarine
- **Milk:**
  - Almond milk
  - Hemp milk
  - Lactose free milk
  - Oat milk – 30 ml, enough for cereal
  - Rice milk – upto 200ml per sitting
- Sorbet
- Soy protein (avoid soya beans)
- Swiss cheese
- Tempeh
- Tofu – drained and firm varieties
- Whipped cream
- Yoghurt, lactose free

Cooking ingredients, Herbs and Spices

- **Herbs:** Basil, Cilantro, Coriander, Curry leaves, Fenugreek, Gotukola, Lemongrass, Mint, Oregano, Pandan, Parsley, Rampa, Rosemary, Tarragon, Thyme
- **Spices:** All spice, Black pepper, Cardamon, Chilli powder, Cinnamon, Cloves, Cumin, Curry powder, Fennel seeds, Five spice, Goraka, Mustard seeds, Nutmeg, Paprika, Saffron, Star anise, Turmeric
- **Oils:** avocado oil, canola oil, coconut oil, olive oil, peanut oil, rice bran oil, sesame oil, sunflower oil, vegetable oil
- Asafoetida powder – great onion substitute
- Baking powder
- Baking soda
- Cacao powder
- Cocoa powder
- Cream, 1/2 cup
- Gelatine
- Ghee
- Icing sugar
- Lard
- Salt

Sources:
http://www.ibsdiets.org/fodmap-diet/fodmap-food-list/
http://shepherdworks.com.au/disease-information/low-fodmap-diet/

MOMA
www.momafoods.co.uk