

FODMAP FRIENDLY CERTIFIED PRODUCTS

Australia & New Zealand



Alpine Breads

Sourdough Breads

Blackmores

Probiotics

Beauty Chef

Inner Beauty Products

Cobram Estate

Infused Extra Virgin
Olive Oil

Cocofrio

Dairy Free Ice-cream

Corona Manufacturing

Herbs/Sauces

Ella's Wisdom

Cookies

Fodbods

Protein Bars

FODMAPPED For You

Sauces/Stock/Soups

Food For Health

Muesli/Bars/Nut-butter
Protein Puffs

FreeFod

Onion & Garlic Replacer

Fusion Health

Gut Healing Powder

Genius Gluten Free

Bread Rolls/Crumpets

Golden Days

Sesame Snap

Good Crisp Company

Potato Crisps

Go Macro

Nutrition Bars

Helga's

Gluten Free Bread

Kelloggs

Cereal

KFibre

Prebiotic Fibre

Kez's Kitchen

Desserts

Leggos

Pasta Sauce

Lewis & Son

Meat/Pickles/
Sauerkraut

Liddells

Lactose-free Dairy

Lo Fo Pantry

Flour

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Macro Mike

Gut Health supplement

Mamaji's

Simmer Sauces

Mingle Seasoning

Moroccan Seasoning

Mintec

Peppermint Oil

Naturally Good

Muesli Cookies

Natureen

Wraps

Nourished By Carms

Granola

Orgran

Wafers/Breadcrumbs/Flour/Pasta/Cake Mix

Oriental Botanicals

Gut Healing Powder

Piranha

Popcorn/Veggie Chips

Red Island

Extra Virgin Olive Oil

Relish The Barossa

Pasta Sauce

San Elk

Stock Powder

Simply Wize

Biscuits/Pasta
Sauce/Wafers/
Gnocchi

Tip Top

Sandwich & Burger
Thins

The Good Crisp

Company

Chips

The Gut Co

Gut Health Supplements

Uncle Tobys

Oats

White Wings

Gluten Free Flour

Wilde Beer

Pale Ale

YouFoodz

Chipz

Product list last updated October 2020.

For the full range of certified products, please visit fodmapfriendly.com