

# FODMAP FRIENDLY CERTIFIED PRODUCTS

*United Kingdom*



**Arla Lactofree**  
Milk

**Bay's Kitchen**  
Stir-in sauces

**Fodilicious**  
Cookies

**FODMAPPED For You**  
Sauces/Stock/Soups

**Kfibre**  
Prebiotic supplement

**Lowy Mayonnaise**  
Mayonnaise

**Miracle Noodle**  
Noodles/Rice

**Organ**  
Crackers/Bread  
crumbs/Pasta/Flour

**Slightly Different Foods**  
Sauces

**That Protein**  
Vegan Protein

**Tideford Organics**  
Soup

**Vedge**  
Plant-based bars

Product list last updated September 2020.

For the full range of certified product, please visit <https://fodmapfriendly.com/>