



LOW FODMAP FOODS CHECKLIST

THE FODMAP FRIENDLY FOOD PROGRAM

 @fodmapfriendlyfoodprogram

Grains (1/2 cup cooked/serve)

Arrowroot, Buckwheat, Cassava, Maize, Konjac Noodles, Rolled Oats, Gluten Free Pasta, Quinoa, Rice, Tapioca, Teff

Breads & Cereals (30g/serve)

FODMAP Friendly Certified Breads & Cereals

Vegetables (75g/serve)

Beetroot, Broccoli heads, Brussel Sprouts, Cabbage, Capsicum, Carrot, Celery, Cucumber, Eggplant, Green Beans, Kale, Lettuce, Okra, Olives, Potato, Pumpkin, Radish, Shimeji Mushroom, Snow Peas, Spinach, Sweet Potato, Taro, Tomatoes, Zucchini

Fruits (150g/serve)

Banana (Unripe, firm), Clementine/Mandarin, Grapefruit, Grapes, Orange, Kiwi, Pineapple, Rhubarb.

Milk/Alternative (250mL/serve)

Lactose Free Milk, Almond Milk, Rice Milk, Soy Protein Milk

Cheese (40g/serve)

Lactose Free, Cheddar, Colby, Cottage, Feta, Mozzarella, Swiss, Tasty

Yoghurt (200g/serve)

All Lactose Free Yoghurt, Greek Yoghurt

Packaged Food Products

All packaged food products with the FODMAP Friendly Logo are suitable to consume on a low FODMAP diet at the product serve size.



Browse certified products at www.fodmapfriendly.com

Meats & Eggs (65-120g/serve)

All Plain Meats (including Beef, Poultry, Pork, Lamb, Fish, Seafood), Eggs

Nuts & Seeds (30g)

Almonds, Brazil Nuts, Linseeds, Peanuts, Pecans, Walnuts, Pepitas, Sunflower Kernels/Seeds, Hemp Seeds, Peanut Butter, Hazelnut Spread

Legumes

Firm Tofu (150g), Canned Chickpeas (40g)*, Canned Lentils (50g)*

Tea (250mL)

Green Tea, Black Tea, Peppermint Tea, Chamomile Tea

Sweeteners

Maple Syrup, Rice Malt Syrup, Golden Syrup (1 tsp), Sugar, Stevia

Seasonings & Condiments

Butter, Olive Oil, Miso Paste, Mirin, Vinegar, Mustard, Paprika, Basil, Coriander, Rosemary, Parsley, Turmeric, Thyme, Chives

Tips

- *Drain and rinse canned legumes to reduce the FODMAP levels.
- Low FODMAP common gut irritants include spicy foods, fatty foods, coffee, carbonated drinks & alcohol.
- Eating more than the suggested serving sizes may trigger symptoms.
- Download the FODMAP Friendly App to see more low FODMAP foods & certified products and Low FODMAP serving sizes.

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