

# FODMAP DIET FOOD LIST

## LOW FODMAP FOOD



### VEGETABLES

Eggplant, green beans, bok choy, bell pepper, carrots, cucumber, lettuce, potato, tomato, zucchini.



### FRUITS

Cantaloupe, grapes, kiwi fruit, mandarin, orange, pineapple, strawberries.



### DAIRY & ALTERNATIVES

Almond milk, brie/camembert-cheese, feta cheese, hard cheeses, lactose-free milk, soy milk.



### BREADS & CEREALS

Corn flakes, oats, rice cakes (plain), sourdough spelt bread, wheat/rye/barley free breads.



### PROTEIN SOURCES

Eggs, firm tofu, meats/poultry/seafood (marinated in lemon juice with olive oil, black pepper or Italian herbs), tempeh.



### SUGARS & SWEETENERS

Dark chocolate, maple syrup, rice malt syrup, table sugar.



### NUTS & SEEDS

Macadamias, peanuts, pumpkin seeds, walnuts.

## HIGH FODMAP FOOD



### VEGETABLES

Artichoke, asparagus, cauliflower, garlic, green peas, mushrooms, onion, sugar snap peas.



### FRUITS

Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon.



### DAIRY & ALTERNATIVES

Milk, ice cream, soy milk, sweetened condensed milk, yogurt.



### PROTEIN SOURCES

Legumes, some marinated meats/ poultry/ seafood, some processed meats.



### BREADS & CEREALS

Wheat/rye/barley based breads, breakfast cereals, biscuits and snack product.



### SUGARS & SWEETENERS

High fructose corn syrup, honey, sugar free confectionery.



### NUTS & SEEDS

Cashews, pistachios.

# F Plan Dietthe

**DJ Losen**



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