



LOW FODMAP



DIET



Permitted foods



Vegetables



Alfalfa, bean sprouts ($\frac{1}{2}$ cup), beetroot (2 slices), bok choy (1 cup), broccoli ($\frac{1}{2}$ cup), Brussel sprouts (2), cabbage-common (1 cup), cabbage-savoy ($\frac{1}{2}$ cup), bell peppers ($\frac{1}{2}$ cup), carrot (1), celeriac ($\frac{1}{2}$), celery ($\frac{1}{4}$ stalk), chicory leaves ($\frac{1}{2}$ cup), red chilli (1), chives (1 tbsp), choy sum (1 cup), cucumber ($\frac{1}{2}$ cup), eggplant ($\frac{1}{2}$ cup), endive leaves (4 leaves), fennel leaves ($\frac{1}{2}$ cup), fennel bulb ($\frac{1}{2}$ cup), ginger root (1 tsp), green beans (10), kale (1 cup), leeks (green part only - $\frac{1}{2}$ cup), lettuce (1 cup), okra (3 pods), peas ($\frac{1}{4}$ cup), potato (1), pumpkin ($\frac{1}{2}$ cup), radishes (2), silverbeet (1 cup), snow peas (5 pods), spinach (1 cup), spring onion (green part only) squash (2), sweet potato ($\frac{1}{2}$ cup), tomatoes, turnips (1 cup), water chestnuts ($\frac{1}{2}$ cup), witlof (4 leaves), zucchini ($\frac{1}{2}$ cup).



Fruits

Bananas, firm (1), blueberries (20), cantaloup (1/2 cup), dragon fruit (1), durian (2 segments), grapefruit, grapes (20), honeydew (1/2 cup), kiwifruit (1), lemon juice (1 tsp), limes, mandarins, oranges (1), passionfruit (1), paw paw, (1/2 cup), pear, prickly (1), pineapple (1/2 cup), raspberries (10), rhubarb (1/2 stalk), rockmelon, strawberries (8), tangelos, tomatoes.

Dried Fruit

Banana (10 chips), Coconut milk (1/2 cup), shredded coconut (1/4 cup), cranberries (1 tbsp), paw paw (1 piece).



Grain

Gluten-free bread and cereals, amaranth, arrowroot, brown rice (1 cup), buckwheat, corn, millet, oats (1/4 cup), oat bran (2 tbsp), pasta-gluten-free (1 cup), polenta (1 cup), potato,

quinoa, quinoa flakes (1 cup), white rice (1 cup), rice noodles (1 cup), sorghum, sourdough oat bread (1 slices), puffed wheat (1/2 cup), sourdough spelt bread (2 slices).

Legumes/Pulses

Chickpeas - canned (1/4 cup), Lentils - canned (1/2 cup), lentils green/red, boiled (1/4 cup).



Milk Products

Cheddar (40gms/1.4oz), cottage cheese (4 tbsp), feta (1/2 cup), haloumi (50gms/1.8oz), ricotta (2 tbsp), lactose-free milk (1 cup), soy milk (1 cup), hard cheeses including

brie and camembert (40gms/1.4oz), lactose-free yoghurt (1 small tub), butter.



Drinks

Cranberry juice (1 glass), orange juice (1/2 glass), vegetable (1 glass), beer (1 can), red wine (1 glass), dry white wine (1 glass), sparkling white wine (1 glass).



Sweeteners

Sugar (sucrose), glucose, stevia, maple syrup, golden syrup, rice bran syrup, artificial sweeteners not ending in -ol, marmalade (2 tbsp), strawberry jam (2 tbsp).



Protein Sources

Meat (125gms/4.4oz), chicken (125gms/4.4oz), fish (125gms/4.4oz), eggs (2), tempeh (150gms/5.3oz), tofu (1 cup).



Spices

Cinnamon, cumin, fibe spice, turmeric, coriander.

Sauces

Mustard, fish sauce (1 tbsp), soy sauce (2 tbsp), oyster sauce (1 tbsp), barbeque sauce (2 tbsp), balsamic vinegar (1 tbsp), peanut butter, vegemite, tahini paste (1 tbsp).

Herbs

Garlic-infused oil, basil, coriander, parsley, rosemary, tarragon, thyme, chives.