

# Low FODMAP Food Chart

IBSDiets.org — Quick Printable Fridge Reference (Part 1: Produce & Grains)

| LOW FODMAP (Eat)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | HIGH FODMAP (Avoid / Limit)                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                              |
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| Vegetables & Legumes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                              |
| Alfalfa<br>Bamboo shoots<br>Bean sprouts<br>Beetroot (pickled/canned 1/2 cup)<br>Black beans (canned 1/4 cup / 45g)<br>Bok choy / pak choi<br>Broccoli heads (3/4 cup)<br>Broccolini heads (1/4 cup)<br>Brussels sprouts (2 sprouts)<br>Butternut squash (1/4 cup)<br>Cabbage (common green & red, 3/4 cup)<br>Carrots<br>Celeriac<br>Celery (< 5cm stalk)<br>Chickpeas (canned/rinsed 1/4 cup)<br>Chili (fresh, if tolerated)<br>Chives<br>Collard greens / kale<br>Corn / sweetcorn (1/2 cob)<br>Courgette / zucchini (65g)<br>Cucumber | Eggplant / aubergine (1 cup)<br>Fennel bulb (1/2 cup)<br>Green beans<br>Green bell pepper (75g)<br>Ginger<br>Lettuce (butter, iceberg, rocket, romaine)<br>Olives (black & green)<br>Parsnip<br>Peas (snow peas, 5 pods)<br>Potato (all varieties)<br>Pumpkin (canned 1/4 cup, fresh 63g)<br>Radish<br>Red bell pepper (1/2 cup / 43g)<br>Scallions / spring onions (green tops)<br>Spinach (baby & English)<br>Squash (yellow / summer 63g)<br>Sweet potato (1/2 cup)<br>Tomatoes (fresh 65g, cherry 5 pcs)<br>Turnip (1/2 turnip)<br>Water chestnuts | <b>Garlic (avoid entirely - powder, salt)</b><br><b>Onions (avoid entirely - powder, pickled)</b><br>Artichoke & Jerusalem artichoke<br>Asparagus<br>Baked beans<br>Beetroot (fresh)<br>Black beans (> 45g)<br>Broad, butter & lima beans<br>Cassava<br>Cauliflower (> 75g)<br>Celery (> 5cm stalk)<br>Falafel | Kidney beans / red kidney (> 85g)<br>Leek bulb (white part)<br>Mange tout / sugar snap peas<br>Mushrooms (all fresh button, etc.)<br>Peas (green garden peas)<br>Savoy cabbage (> 1/2 cup)<br>Scallions / spring onions (white bulb)<br>Shallots<br>Soybeans / edamame<br>Split peas<br>Taro |
| Fruit                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                              |
| Bananas (unripe/greenish, 1 medium)<br>Blueberries (1 cup)<br>Cantaloupe / rockmelon (3/4 cup)<br>Clementines & mandarins<br>Cranberries (1 tbsp)<br>Dragon fruit<br>Grapes (red & green, 10-15 grapes)<br>Honeydew & Galia melon (1/2 cup)<br>Kiwifruit (2 small)                                                                                                                                                                                                                                                                        | Lemon & lime (including juice)<br>Oranges<br>Papaya / paw paw<br>Passionfruit<br>Pineapple (fresh, 1 cup)<br>Raspberries (1/3 cup / 30 berries)<br>Rhubarb<br>Strawberries (5 medium / 65g)                                                                                                                                                                                                                                                                                                                                                            | Apples (all types, applesauce)<br>Apricots<br>Avocado (> 1/2 cup / 60g)<br>Bananas, ripe (yellow with spots)<br>Blackberries & boysenberries<br>Cherries<br>Dates & figs (fresh or dried)<br>Grapefruit (> 80g)<br>Guava (unripe)                                                                              | Lychee<br>Mango<br>Nectarines & peaches<br>Pears (all varieties)<br>Plums & prunes<br>Pomegranate<br>Raisins & sultanas (> 1 tsp)<br>Tinned fruit in juice<br>Watermelon                                                                                                                     |
| Grains, Breads, Cereals & Pasta                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                              |
| Gluten-free breads (check ingredients)<br>Sourdough spelt bread (fermented)<br>Corn bread & rice bread<br>Gluten-free or rice/corn pasta<br>Oats / rolled oats (1/2 cup)<br>Quinoa (grain & flour)<br>Rice (white, brown, basmati, jasmine)<br>Rice cakes & rice crackers                                                                                                                                                                                                                                                                 | Buckwheat (groats, flour, 100% noodles)<br>Cornflakes (plain/GF, 1/2 cup)<br>Corn tortillas (100% corn, 3 pcs)<br>Plain potato chips / crisps<br>Popcorn (plain)<br>Polenta / cornmeal<br>Wheat bread (strictly 1 slice max)                                                                                                                                                                                                                                                                                                                           | Wheat bread (white, multigrain, granary)<br>Naan, roti, pita, pumpernickel<br>Wheat pasta (> 1/2 cup cooked)<br>Wheat flour & wheat germ<br>Wheat noodles & egg noodles / udon<br>Barley & barley flour                                                                                                        | Rye bread & rye crispbread<br>Bran cereals & wheat cereals<br>Couscous & semolina<br>Gnocchi (wheat based)<br>Pastries, croissants, muffins, cakes<br>Muesli & granola bars (wheat/honey/inulin)                                                                                             |

# Low FODMAP Food Chart

IBSDiets.org — Quick Printable Fridge Reference (Part 2: Proteins, Dairy & Pantry)

| LOW FODMAP (Eat)                                                                                                                                                                                                               |                                                                                                                                                                                                                                                            | HIGH FODMAP (Avoid / Limit)                                                                                                                                                                       |                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Meats, Poultry, Seafood & Eggs                                                                                                                                                                                                 |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                   |                                                                                                                                                                                                                |
| Beef, lamb, pork (fresh, plain)<br>Chicken & turkey (fresh, plain)<br>Cold cuts / deli ham & turkey (plain)<br>Fresh fish (cod, salmon, trout, tuna)<br>Canned tuna (in oil or springwater)                                    | Shellfish (shrimp, prawns, crab, oysters)<br>Eggs (poached, boiled, scrambled, fried)<br>Quorn mince (plain)<br>Tofu (firm, drained) & tempeh                                                                                                              | Sausages & hot dogs (wheat/garlic fillers)<br>Chorizo (garlic added)<br>Processed / breaded meats (schnitzel, nuggets)                                                                            | Marinated meats with garlic/onion glazes<br>Silken tofu (high FODMAP vs firm tofu)                                                                                                                             |
| Dairy, Plant Milks & Cheeses                                                                                                                                                                                                   |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                   |                                                                                                                                                                                                                |
| Lactose-free milk & yoghurt<br>Almond milk & macadamia milk<br>Coconut milk (canned 125ml)<br>Hemp milk & rice milk (up to 200ml)<br>Soy milk from soy protein (not beans)                                                     | Butter (virtually zero lactose)<br>Hard cheeses: Cheddar, Parmesan, Swiss<br>Brie, Camembert, Feta, Mozzarella<br>Cottage cheese & ricotta (max 2 tbsp)<br>Dark chocolate (5 squares)                                                                      | Cow, goat & sheep milk (regular)<br>Evaporated milk & condensed milk<br>Soy milk from whole soybeans<br>Ice cream & regular gelato<br>Custard & regular puddings                                  | Buttermilk<br>Cream & sour cream (> 2 tbsp)<br>Regular cow yoghurt (Greek > 23g)<br>Cream cheese (> 2 tbsp)                                                                                                    |
| Nuts & Seeds                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                   |                                                                                                                                                                                                                |
| Almonds (max 10 nuts)<br>Brazil nuts (max 10 nuts)<br>Chestnuts<br>Chia seeds & flaxseeds (1 tbsp)<br>Hazelnuts (max 10 nuts)<br>Macadamia nuts (up to 15)                                                                     | Peanuts & pure peanut butter<br>Pecans (10 halves)<br>Pine nuts (1 tbsp)<br>Pumpkin seeds / pepitas (2 tbsp)<br>Sesame seeds & sunflower seeds<br>Walnuts (up to 10 halves)                                                                                | Cashews (very high in GOS/fructans)<br>Pistachios (very high GOS/fructans)                                                                                                                        | Almond meal in large amounts<br>Trail mixes with cashews/raisins                                                                                                                                               |
| Condiments, Sauces, Dips & Sweeteners                                                                                                                                                                                          |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                   |                                                                                                                                                                                                                |
| Garlic & onion infused oils (safe!)<br>Mayonnaise (no garlic/onion)<br>Mustard (Dijon, English, yellow)<br>Soy sauce / tamari & fish sauce<br>Tomato sauce / ketchup (1-2 sachets / 13g)<br>Pure maple syrup & rice malt syrup | Table sugar (sucrose), glucose, brown sugar<br>Stevia, sucralose, aspartame<br>Vinegars (apple cider, balsamic 1 tbsp, white)<br>Worcestershire sauce (small amount)<br>Strawberry & raspberry jam (2 tbsp)<br>Asafoetida powder (hing - onion substitute) | High Fructose Corn Syrup (HFCS)<br>Honey & agave nectar<br>Inulin / chicory root extract & FOS<br>Polyols: Sorbitol, Mannitol, Xylitol, Maltitol, Isomalt<br>Hummus / houmous (chickpea + garlic) | Tzatziki dip (yoghurt + garlic)<br>Pesto (standard recipes contain garlic)<br>Gravy & stock cubes with onion/garlic powder<br>BBQ sauces & marinades with HFCS/garlic<br>Relish & vegetable pickles with onion |
| Drinks & Beverages                                                                                                                                                                                                             |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                   |                                                                                                                                                                                                                |
| Water (still or sparkling)<br>Coffee (black or with safe milk)<br>Tea (weak black, green, peppermint, white)                                                                                                                   | Safe fruit juice (small glass 125ml: orange)<br>Drinking chocolate powder<br>Alcohol (gut irritant, max 1: beer, dry wine, vodka, gin)                                                                                                                     | Fruit juices (apple, pear, mango)<br>Large fruit juices (> 125ml)<br>Sodas with High Fructose Corn Syrup<br>Chamomile, fennel, chai, dandelion teas                                               | Rum (high fructose)<br>Wine/beer in excess (> 1 drink)<br>Kombucha (fermented tea high in FODMAPs)<br>Whey protein concentrate                                                                                 |

**Safe Kitchen Basics:** Pure unseasoned fresh beef, chicken, lamb, pork, fish, seafood and eggs are naturally **FODMAP-free**. Pure cooking oils (olive, canola, peanut), plain vinegars, salt, black pepper, and pure fresh/dried herbs (basil, oregano, rosemary, thyme) have zero FODMAPs. **Always check labels for hidden garlic powder, onion powder, wheat flour, and high-fructose corn syrup (HFCS).**