



LOW FODMAP DIET



Permitted Foods



VEGETABLES



Alfalfa sprouts	1/2 cup	Ginger root	1/2 cup
Artichoke hearts	1 tbsp	Green beans	10
Bean sprouts	1/2 cup	Kale	1 cup
Beetroot	2 slices	Leeks (green part)	1/2 cup
Bok choy	1 cup	Lettuce	1 cup
Broccoli	1/2 cup	Okra	3 pods
Brussel sprouts	2	Olives	1/2 cup
Cabbage-common	1 cup	Peas	1/4 cup
Cabbage-savoy	1/2 cup	Potato	1 medium
Bell peppers	1/2 cup	Pumpkin - Jap	1/2 cup
Carrot	1	Radish	2
Celeriac	1/2	Silverbeet	1 cup
Celery	1/4 stalk	Snow peas	5 pods
Chicory leaves	1/2 cup	Spinach	1 cup
Corn	1/2 cob	Spring onion (green part)	1 bunch
Red chilli	1	Squash	2
Chives	1 tbsp	Swede	1 cup
Choy sum	1 cup	Sweet potato	1/2 cup
Cucumber	1/2 cup	Tomato	2 small
Eggplant	1/2 cup	Turnip	1 cup
Endive leaves	4 leaves	Water chestnuts	1/2 cup
Fennel bulb	1/2 cup	Witlof	4 leaves
Fennel leaves	1 tsp	Zucchini	1/2 cup

FRUIT



Avocado	1/8	Lychee	4
Banana	1	Mandarin	2
Blueberries	20	Orange	1
Cantaloupe(rockmelon)	1/2 cup	Passionfruit	1
Dragon Fruit	1	Paw paw/papaya	1/2 cup
Durian	2 segments	Pear, prickly	1
Grapefruit	1/2	Pineapple	1/2 cup
Grapes	20	Pomegranate	1/2 small
Guava	1	Raspberries	10
Honeydew, melon	1/2 cup	Rhubarb	1/2 stalk
Kiwifruit	1	Strawberries	8
Lemon juice	1 tsp	Tangelo	1
Lime juice	1 tsp		

DRIED FRUIT

Banana	10 chips	Cranberries	1 tbsp
Coconut shredded	1/4 cup	Currant	1 tbsp
Coconut milk	1/2 cup	Paw Paw	1 piece

GRAIN



Amaranth, puffed	1/4 cup	Polenta/cornmeal	1 cup
Arrowroot		Potato starch/flour	
Brown rice	1 cup	Puffed rice	1/2 cup
Buckwheat		Quinoa	1 cup
Corn flakes	1 cup	Quinoa flakes	1 cup
Gluten-free bread	2 slices	Rice noodles	1 cup
Millet		Sorghum	
Oats	1/4 cup	Sourdough oat bread	1 slice

LEGUMES/PULSES

Chickpeas - canned	1/4 cup	Lentils - fresh, boiled	1/4 cup
Lentils - canned	1/2 cup		

MILK PRODUCTS



Butter		Hard cheeses	40gms/1.4oz
Cheddar	40gms/1.4oz	Lactose-free milk	1 cup
Cottage cheese	4 tbsp	Lactose-free yogurt	1 small pot
Feta	1/2 cup	Ricotta	2 tbsp
Haloumi	50gms/1.8oz	Soy milk - made from protein only	1 cup

DRINKS



Beer (no mannitol)	1 can	Tea, chai	1 cup
Cranberry juice	1 glass	Tea, dandelion	1 cup
Orange juice	1/2 glass	Tea, green	1 cup
Cocoa powder	3 heaped tsp	Tea, peppermint	1 cup
Coffee, espresso	Double shot	Wine, dry white	1 glass
Coffee, instant	2 heaped tsp	Wine, red	1 glass

SWEETENERS



Glucose	1 tbsp	Rice bran syrup	1 tbsp
Golden syrup	1 tbsp	Stevia	
Maple syrup	1 tbsp	Strawberry jam	2 tbsp
Marmalade	2 tbsp	Sugar (sucrose)	2 tsp

PROTEIN SOURCES



Chicken	125gms/4.4oz	Meat	125gms/4.4oz
Eggs	2	Tempeh	150gms/5.3oz
Fish	125gms/4.4oz	Tofu	1 cup

SPICES & HERBS



Basil	1 cup	Five spices	1 tsp
Cardamon	1 tsp	Garlic-infused oil	1 tsp
Chilli powder	1 tsp	Lemongrass	1 stalk
Cinnamon	1 tsp	Mustard seeds	1 tsp
Cloves	1 tsp	Paprika	1 tsp
Coriander/cilantro	1 cup	Parsley	1 cup
Coriander seeds	1 tsp	Rosemary	1 cup
Cumin	1 tsp	Saffron	1 tsp

SAUCES & SPREADS

Balsamic vinegar	1 tbsp	Shrimp paste	1 tbsp
Barbecue sauce	2 tbsp	Soy sauce	1 tbsp
Fish sauce	1 tbsp	Sweet & sour sauce	1 tbsp
Miso paste	2 tbsp	Tahini paste	1 tbsp
Mustard	1 tbsp	Tamarind paste	1/2 tbsp
Peanut butter	2 tbsp	Vegemite	1 tsp