

Vegetables

Alfalfa, bean shoots, bok choy, broccoli, capsicum, carrot, celery, corn, cucumber, eggplant, green beans, leeks (green part only), lettuce, marrow, olives, parsnip, potato, pumpkin, silverbeet, spinach, spring onion (green part only) squash, swedes, sweet potato, taro, tomatoes, turnips, yams

Sweeteners

Sugar (sucrose), glucose, stevia, maple syrup, golden syrup, rice bran syrup, artificial sweeteners not ending in -ol

Milk Products

Lactose-free milk, rice milk, hard cheeses including brie and camembert, lactose-free yoghurt, gelato and sorbets, butter, margarine

LOW FODMAP

Grain Foods

Gluten-free bread and cereals, amaranth, arrowroot, buckwheat, corn, millet, oats, polenta, potato, quinoa, rice, sorghum

Fruits

Bananas, blueberries, durian, grapefruit, grapes, honeydew melon, kiwifruit, lemons, limes, mandarins, oranges, passionfruit, paw paw, raspberries, rockmelon, strawberries, tangelos, tomatoes

DIET

Permitted foods

Other

Garlic-infused oil, fresh and dried herbs and spices, chives, ginger