

LOW FODMAP FOOD GROUPS

These lists do not include absolutely every low Fodmap food that you will find on the Monash University low Fodmap phone app because I take into account other non-Fodmap gut irritants. The solution to eliminating all your IBS symptoms is more than controlling just your Fodmap intake though that is the major player. If a food is left off my list, it is because I have found it to be a gut irritant in too many of my clients to include it here. Use the following lists to stay on the safe side.

Low-Carbohydrate Vegetables

*** Do not consume if you have reflux.**

½ cup alfalfa sprouts

1 cup arugula (rocket)

12 green beans

½ cup bean sprouts

2 slices beetroot

* ½ cup green, yellow or red bell peppers

1 cup (raw measurement) bok choy

1 cup broccoli tops

2 Brussels sprouts

1 cup (raw measurement) common or red cabbage

1 medium carrot

½ celeriac

¼ stalk celery

½ cup chicory leaves

* 11cm/4.25inch green and red chilies

1 tbsp chives

1 cup choy sum

1 cup (raw measurement) collard greens

½ cob of fresh corn

½ cup cucumber

4 endive leaves

½ cup eggplant

½ cup fennel

1 tsp ginger root

1 cup (raw measurement) kale

½ cup leek leaves (green part)

1 cup lettuce (all types)

6 pods okra

½ cup black or green olives

2 radishes

1 cup mixed salad items

5 pods snow peas

1 cup spaghetti squash

1 cup (raw measurement) spinach

2 squash (small yellow)

1 bunch spring onions and scallion (green part only)

1 cup Swiss chard/silverbeet

* 4 tomatoes, cherry

* 1 small tomato

4 leaves witlof

½ cup zucchini

High-Carbohydrates Vegetable

½ cup water chestnuts

½ cup parsnip

1 medium plantain

1 medium potato

½ cup sweet potato

½ cup Japanese pumpkin

¼ cup butternut pumpkin

1 cup rutabagas/turnip

1 cup yam

Grain

¾ cup buckwheat groats (cooked)

½ cup corn flakes

1 cup millet (cooked)

¼ cup oats (uncooked)

1 cup gluten-free pasta (cooked)

1 cup polenta/cornmeal (cooked)

1 cup quinoa (cooked)

1 cup quinoa flakes (uncooked)

1 cup quinoa pasta (cooked)

1 cup rice (cooked)

½ cup puffed rice

¼ cup rice flakes

1 cup brown rice noodles (cooked)

1 cup rice stick noodles (cooked)

Fruit

1 medium barely ripe banana

20 blueberries

½ cup cantaloupe

* 1 medium clementine

½ cup coconut

4 cumquats

1 cup grapes

1 medium ripe guava

2 small green or gold kiwifruit

* 1 tsp lemon or lime juice

* 2 small mandarins

½ cup honeydew melon

* 1 medium orange

1 cup papaya/paw paw

1 passionfruit

* 1 cup pineapple

10 raspberries

1 cup rhubarb

10 medium strawberries

Protein Snack Items

Dairy

40gms/1.4oz brie and camembert

4 tbsp (maximum) cottage cheese

½ cup feta (maximum) 125gms/2oz

2 slices/50gms/1.8oz haloumi

40gms/1.4oz mature cheese

2 slices mozzarella 60gms/2oz

2 tbsp (maximum) ricotta

1 tub/170gms/6oz goat's milk yogurt

1 tub/170gms/6oz lactose-free yogurt

Nuts

10 almonds

10 Brazil nuts

10 roasted chestnuts

10 hazelnuts

20 macadamia nuts

32 peanuts

2 tbsp (maximum) peanut butter

10 pecan halves

1 tbsp pine nuts

10 walnut halves

Protein meat

Beef

Fish

Lamb

Pork

Poultry

Venison

Seeds

2 tbsp chia seeds

1 tbsp LSA

2 tbsp poppy seeds

2 tbsp pumpkin seeds

1 tbsp sesame seeds

2 tsp sunflower seeds

1 tbsp (maximum) tahini

Milks

1 cup almond milk

½ cup – 125ml/4.4oz coconut milk

1 cup hemp milk

1 cup lactose-free milk

¾ cup rice milk

1 cup soya milk (only if made from the protein of the soya)

Proteins

¼ cup canned chickpeas

2 eggs

125 gms/4.4oz fish (including canned in water – not oil)

½ cup canned lentils

125 gms/4.4oz poultry (fresh – not from a deli)

125 gms/4.4oz red meat (fresh – not from a deli)

125 gms/4.4oz shellfish

100gms/3.5oz tempeh

2/3 cup plain tofu

Condiments

1 tbsp fish sauce

2 tbsp mayonnaise (check for garlic or onions)

1 tbsp mint sauce

2 sachets miso paste

1 tbsp mustard

1 tbsp oyster sauce

2 tsp shrimp paste

2 tbsp soy sauce

2 tbsp sweet and sour sauce

½ tbsp. tamarind paste

2 tbsp tomato paste

13 gms/0.5oz tomato sauce

2 tbsp apple cider vinegar

1 tbsp balsamic vinegar

2 tbsp rice wine vinegar

1 tsp wasabi

2 tbsp Worcestershire sauce

Herbs

1 cup basil

1 cup cilantro/coriander

1 cup curry leaves

1 cup fenugreek leaves

3 kaffir lime leaves

1 x 4in/10cm stalk lemongrass

90gms/3.20z mint

1 cup parsley

$\frac{1}{2}$ cup rosemary

10z/28gms sage

1 cup tarragon

1 cup thyme

1 cup watercress

Spices

1 tsp allspice

$\frac{1}{4}$ tsp asafetida powder

1 tsp cardamom

1 tsp chili powder

1 tsp cinnamon

1 tsp cloves

1 tsp coriander seeds

1 tsp cumin

1 tsp curry powder

1 tsp fennel seeds

2 tbsp fenugreek seeds

1 tsp five spices

1 tsp mustard seeds

2 nutmegs

1 tsp paprika

1 tsp black pepper

0.04oz/1gm saffron

2 star anise cloves

1 tsp turmeric

1 tbsp vanilla essence