

LOW FODMAPS GROCERY LIST

Always recheck ingredients. Manufacturers modify on an ongoing basis to ensure ingredients are FODMAPs-friendly.

GRAINS

Oats
Oat bran
Polenta
Quinoa
Rice: Brown and White
Rice bran
Gluten free pasta: rice, quinoa, and corn

BRAND NAME CEREALS

Ancient Harvest Quinoa Flakes
Bob's Red Mill Mighty Tasty Hot Cereal
Cheerios
Eden Organics Brown Rice Flakes Hot Cereal
Erewhon Gluten free Corn Flakes
Erewhon Gluten free Crispy Brown Rice
Environkidz Gorilla Munch
Environkidz Peanut Butter Panda Puffs
Glutino Sensible Beginnings Cereal

BREADS

Udi's White Sandwich Bread
Food for Life Brown Rice Tortillas
Food for Life Multi Seed English muffins
Rudi's Plain Tortillas

FLOURS AND BAKING MIXES

King Arthur GF Multi-Purpose flour
Namaste Perfect Flour Blend
Namaste Foods Waffle and Pancake mix
Bisquick Gluten-Free Pancake and Baking Mix
Namaste Foods Brownie Mix
Namaste Foods Blonde Mix
Namaste Foods Muffin Mix



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Compiled by ©Kate Scarlata, RD



PROTEIN

Beef
Chicken
Fish
Egg
Pork
Tofu

NUTS/SEEDS (allow one handful per sitting)

Almonds
Chia seeds
Flax seeds
Macadamias
Peanuts
Pecans
Pine nuts
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

NUT BUTTER

Smucker's Peanut Butter
Skippy Peanut Butter
Teddie Peanut Butter
365 Smooth Almond Butter (Whole Foods)

DAIRY

CHEESE

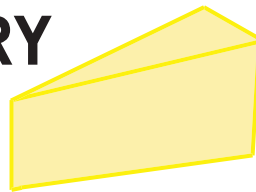
Cheddar
Swiss
Parmesan
Brie
Feta
Camembert
Mozzarella

MILK

Lactose free
Coconut milk
Rice milk

YOGURT/KEFIR

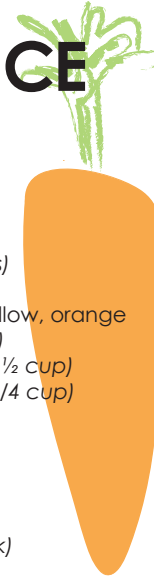
Green Valley yogurt
Lifeway kefir (plain only)



PRODUCE

VEGETABLES

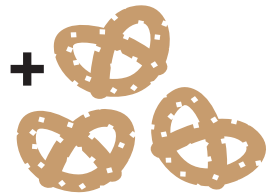
Alfalfa Sprouts
Arugula
Bamboo shoots
Bean sprouts
Beets (limit to 4 slices)
Bok choy
Bell Peppers: red, yellow, orange
Broccoli (limit ½ cup)
Brussels sprouts (limit ½ cup)
Butternut squash (<1/4 cup)
Bok Choy
Carrots
Common Cabbage
Corn (half a cob)
Celeriac
Celery (limit to 1 stick)
Chives
Cucumber
Eggplant
Endive
Ginger
Green beans
Kale
Lettuce
Olives
Parsnip
Peas (<1/4 cup)
Potato, white
Radish
Rutabaga
Scallions (green part only)
Spinach
Summer squash
Sweet potato (limit to ½ cup)
Swiss chard
Turnips
Tomato
Water chestnuts
Zucchini



FRUIT (limit to one serving per meal)

Avocado (limit to ¼)
Banana (small)
Blueberries
Cantaloupe
Coconut
Dragonfruit
Grapefruit (1/4 only)
Grapes
Honeydew melon
Kiwifruit
Lemon
Lime
Orange
Papaya
Passion fruit
Pineapple
Raspberries
Rhubarb
Starfruit
Strawberries
Tangelo

SNACKS + SWEETS



Rice Cakes
Blue Diamond Almond Nut Thins
Lundberg Rice Chips (sea salt)
Schar Cheese bits
Mary's Gone Crackers (original)
Real Food corn thins (1 only)
Kettles Baked Potato Chips (sea salt)
Tortilla Chips
Glutino Pretzels
Aleia's almond horn cookies
Aleia's peanut butter cookies
Gilbert's Super Dooper Snickerdoodles
Gilbert's Sensational Sugar cookies
Sarabeth's Cranberry Relish
Sarabeth's Strawberry Rhubarb Spreadable Fruit
Wellaby's Cheese Ups (Parmesan, Cheddar)