

LOW FODMAPS GROCERY LIST

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

GRAINS

Oats
Oat bran
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
Food for life Organic Sprouted Whole Kernel Flourless corn tortillas

FLOURS AND BAKING MIXES

King Arthur 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

PROTEIN

Beef
Chicken
Fish
Egg
Tofu

NUTS *(allow one handful per sitting)*

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

NUT BUTTER

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

DAIRY

CHEESE

Cheddar
Swiss
Parmesan
Brie
Feta
Camembert
Mozzarella

MILK

Lactose free
Almond milk
Coconut milk
Rice milk
Yogurt/Kefir
Green Valley yogurt
Lifeway kefir (*strawberry or blueberry*)

PRODUCE

VEGETABLES

Alfalfa Sprouts
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 (*limit to ½ cup*)
Bok Choy
Carrots
Corn (*half a cob*)
Celery (*limit to 1 stick*)
Chives
Cucumber
Eggplant
Endive
Ginger
Green beans
Lettuce
Olives
Parsnip
Peas (*limit to 1/3 cup*)
Potato, white
Scallions (*green part only*)
Spinach
Summer squash
Sweet potato (*limit to ½ cup*)
Turnips
Tomato
Water chestnuts
Zucchini

FRUIT (*limit to one serving per meal*)

Avocado (*limit to ¼*)
Banana (*small*)
Blueberries
Cantaloupe
Grapefruit
Grapes
Honeydew melon
Kiwifruit
Lemon
Lime
Orange
Passion fruit
Pineapple
Rhubarb
Strawberries
Tangelo
dried fruit: raisins, blueberries or other acceptable fruit. (limit to 1 TB)
Orange juice or grapefruit juice (*limit to 1/3 cup*)

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
Kettles Baked Potato Chips (*sea salt*)
Tortilla Chips
Glutino Pretzels
Allcaneat chocolate chip biscotti
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