

# LOW FODMAP DIET CHECKLIST FOR A DIGESTIVE PEACE OF MIND

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## LOW LACTOSE

### CHEESE

BRIE, CAMEMBERT,  
COLBY, LACTOSE FREE  
COTTAGE CHEESE,  
CHEDDAR, CHEVRE  
(GOAT CHEESE), FETA,  
MOZZARELLA,  
PARMESAN, SWISS

### BEVERAGES

LACTOSE FREE MILK,  
RICE MILK, COCONUT  
MILK

### OTHER

CHECK INGREDIENTS

LACTOSE FREE ICE  
CREAM, LACTOSE FREE  
YOGURT, SORBET

## NO EXCESS FRUCTOSE

### FRUIT

BANANA, BLUEBERRIES,  
CANTALOUPE, CLEMENTINE,  
COCONUT, DRAGON FRUIT,  
GRAPES, HONEYDEW,  
KIWIFRUIT, LEMONS, LIMES,  
MANDARIN, ORANGES, PAPAYA,  
PASSION FRUIT, PINEAPPLE,  
RASPBERRIES, RHUBARB,  
STARFRUIT, STRAWBERRY,  
TANGELOS

### SWEETENERS

PURE MAPLE SYRUP, TABLE  
SUGAR, BROWN SUGAR

### ALCOHOL

LIMIT TO 1 DRINK IN GENERAL

MOST WINE & BEER,  
VODKA, GIN, WHISKEY

#### 1 SERVING OF FRUIT PER MEAL MAX

1 MEDIUM ORANGE OR BANANA  
OR ¼ CUP BERRIES, MELON,  
PINEAPPLE OR RHUBARB

## LOW FRUCTANS/GOS

### VEGETABLES

ARUGULA, BAMBOO SHOOTS, BOK CHOY, BEAN SPROUTS,  
BELL PEPPERS, CARROTS, CELERIAC, CHIVES, COLLARD  
GREENS, COMMON CABBAGE, CUCUMBER, EGGPLANT,  
ENDIVE, FENNEL BULB, GREEN BEANS, GINGER ROOT,  
KABOCHA SQUASH, KALE, LETTUCE, PARSNIP, PATTY PAN,  
POTATO, RADISH, RUTABAGA, SCALLION (GREEN PART  
ONLY), SPINACH, SWISS CHARD, SUMMER SQUASH,  
TOMATOES, TURNIP, OIL INFUSED W/ GARLIC OR ONION,  
WATER CHESTNUTS, ZUCCHINI

### BREADS & GRAINS

GLUTEN FREE BREAD (CHECK INGREDIENTS), CORN/RICE  
/QUINOA PASTA, RICE CAKES, POTATO & TORTILLA CHIPS,  
RICE (BROWN, WHITE, BASMATI), QUINOA, OATS (LIMIT  
TO ½ CUP COOKED), QUINOA FLAKES, SOURDOUGH SPELT  
BREAD, POLENTA, CORN TORTILLA

### NUTS & SEEDS

10 - 15 MAX OR 1 - 2 TB

ALMONDS, MACADAMIA, PEANUTS, PECANS, PINE NUTS,  
WALNUTS, PUMPKIN SEEDS, SESAME SEEDS, SUNFLOWER  
SEEDS, 2 TB CHIA SEEDS, 1 TB FLAX

### MODERATE FRUCTANS/GOS

LIMIT TO ONE CHOICE PER SITTING

BEEF ROOT <4 SLICES, BROCCOLI <1/2 CUP, BRUSSELS  
SPROUTS <1/2 CUP, BUTTERNUT SQUASH <1/4 CUP, GREEN  
PEAS <1/3 CUP, POMEGRANATE <1/2 SMALL, SAVOY CABBAGE  
<1 CUP, SNOW PEAS <10 PODS, SWEET CORN <1/2 COB, DRIED  
CRANBERRIES OR RAISINS (1 TB LIMIT), CANNED PUMPKIN  
<1/4 CUP, BUCKWHEAT GROATS (KASHA) 1/8 CUP, \*CANNED  
CHICKPEAS ¼ CUP, ½ CUP CANNED LENTILS

### HERBS

BASIL, CILANTRO, CORIANDER, ROSEMARY, PARSLEY, TARRAGON, THYME

### OTHER

ESPRESSO, TEAS (BLACK, WHITE, GREEN, & PEPPERMINT),  
FIRM TOFU, TEMPEH, COCOA <3 TSP

## LOW POLYOLS

### FRUIT

BANANA, BLUEBERRIES,  
CANTALOUPE, CLEMENTINE,  
COCONUT, DRAGON FRUIT,  
GRAPES, HONEYDEW, KIWIFRUIT,  
LEMONS, LIMES, ORANGES,  
PASSION FRUIT, PAPAYA,  
PINEAPPLE, RASPBERRIES,  
RUBARB, STARFRUIT,  
STRAWBERRY, TANGELOS

### SWEETENERS

TABLE SUGAR, GLUCOSE, MAPLE  
SYRUP, ASPARTAME, STEVIA

### MODERATE POLYOLS

LIMIT TO ONE MODERATE CHOICE

PER SITTING

AVOCADO <1/8, CELERY <1/4  
STALK, LYCHEE <5,  
SWEET POTATO <1/2 CUP

