

Low FODMAP shopping list

Always recheck ingredients, manufacturers modify ingredients on an ongoing basis, to ensure ingredients are FODMAPS-friendly.



GRAINS

Oats
Oat bran
Quinoa
Spelt
Rice, quinoa, or corn pasta
Brown and white rice

BRAND NAME CEREALS

Cheerios
Bob's Red Mill Mighty Tasty Hot Cereal
Glutino Sensible Beginnings cereal
Glutino Berry Sensible Beginnings cereal
Eden Organics Brown Rice Flakes Hot cereal
Erewhon Corn flakes
EnvironKidz gorilla munch
EnvironKidz peanut butter panda puffs

BAKING MIXES

King Arthur Flour gluten free
brownie mix
Namaste Foods Brownie Mix
Namaste Foods Blonde Mix
Namaste Foods Muffin Mix

BREADS

DeLand Millet Potato Bread
Abigail's Bakery Millet and Sweet Brown Rice
Bread
Udi's White Sandwich Bread
Food for Life Brown Rice tortillas

VEGETABLES

Alfalfa sprouts
Bamboo shoots
Green beans
Bok Choy
Broccoli (limit to 1/2 cup)
Carrot
Celery (1 stick)
Chives
Corn (1/2 cob-1/4 cup)
Endive
Lettuce
Olives
Parsnips
Potato, white
Scallions (green part only)
Butternut squash (1/2 cup)
Spinach
Sweet potato (1/2 cup)
Turnips
Tomato
Zucchini

PROTEIN

Lean Beef
Chicken
Fish
Egg

NUTS

Pine nuts (1 TB)
Pumpkin seeds (1 TB)
Sunflower Seeds (2 tsp.)
1 TB nut butter

FRUITS

*limit to 1 serving per sitting

Ripe banana (small)
Blueberries
Cantaloupe
Grapefruit
Grapes
Honeydew melon
Kiwifruit
Lemon
Lime
Orange
Passion fruit
Pineapple
Strawberry
Tangelo

DAIRY

CHEESE

Cheddar
Swiss
Parmesan
Brie
Feta
Camembert
Mozzarella

YOGURT/KEFIR

Lactose free yogurt (such as
Green Valley)
Lifeway Kefir-strawberry and
blueberry (99% lactose free)

MILK

Lactaid milk
Lactose-free milk