

Low FODMAP diet checklist

By Kate Scarlata RDN, FODMAP & IBS expert

low lactose

CHEESE

BRIE, CAMEMBERT, COLBY, CHEDDAR, GOAT CHEESE, FETA, HAVARTI, MOZZARELLA, PARMESAN, PECORINO, SWISS, LACTOSE FREE COTTAGE, LACTOSE FREE CREAM CHEESE

BEVERAGES

LACTOSE FREE COW'S MILK (WHOLE, 2%, 1% OR FAT FREE), CANNED COCONUT MILK (FULL FAT & LIGHT), HEMP MILK, ALMOND MILK, RICE MILK

OTHER

LACTOSE FREE ICE CREAM, SORBET FROM ACCEPTABLE FRUITS, LACTOSE FREE YOGURT, GOAT'S MILK YOGURT, COCONUT YOGURT, LACTOSE FREE SOUR CREAM, WHIPPED CREAM

GF = GLUTEN FREE
C. = CUP
TB = TABLESPOON
TSP = TEASPOON

no excess fructose

FRUIT

LIMIT TO ONE FRUIT SERVING PER MEAL

BANANA (1/3 RIPE), DRIED BANANA CHIPS, BLUEBERRIES, CANTALOUPE, DURIAN MELON, CLEMENTINE, FRESH AND DRIED COCONUT, DRAGON FRUIT, GRAPES (RED, GREEN & BLACK), RIPE GUAVA, HONEYDEW, KIWIFRUIT (GOLD & GREEN), KUMQUATS, LEMONS, LIMES, ORANGE, PAPAYA, PASSION FRUIT, PINEAPPLE, PRICKLY PEAR, PLANTAIN, RASPBERRIES, RHUBARB, STAR FRUIT, STRAWBERRIES, TANGELO, TAMARIND

SWEETENERS & BAKING

PURE MAPLE SYRUP, WHITE SUGAR, BROWN SUGAR, STEVIA, PALM SUGAR, RAW SUGAR, RICE MALT SYRUP, DARK CHOCOLATE, COCOA POWDER, VANILLA

ALCOHOL

MOST WINE & BEER, GIN, VODKA, WHISKEY

low fructans/GOS

VEGETABLES

ARUGULA, BAMBOO SHOOTS, BOK CHOY, BEAN SPROUTS, 4 SLICES BEET ROOT, 1/4 C. BUTTERNUT SQUASH, BELL PEPPERS, 1/2 C. BROCCOLI, CARROTS, CELERIAC, CHIVES, COLLARD GREENS, COMMON GREEN & RED CABBAGE, SWEET CORN (1/2 OF COB), RED & GREEN CHILI, CUCUMBER, EGGPLANT, ENDIVE, FENNEL BULB & STALK, GREEN BEANS, FRESH & GROUND GINGER ROOT, KABOCHA SQUASH, KALE, LETTUCE, PARSNIP, PATTY PAN SQUASH, 1/4 C. CANNED PUMPKIN, POTATO (WHITE) OR 1/2 C. SWEET POTATO, RADISH, RUTABAGA, SCALLIONS & LEEKS (GREEN PART ONLY), SPAGHETTI SQUASH, SPINACH, SWISS CHARD, SUMMER SQUASH, NORI SEAWEED, 1/2 C. TARO, TOMATOES (CANNED, CHERRY, PLUM & COMMON BEEFSTEAK), TURNIP, OIL INFUSED WITH GARLIC OR ONION, WATER CHESTNUTS, ZUCCHINI, WATERCRESS, GREEN & BLACK OLIVES

FRUITS

1/2 SMALL POMEGRANATE, 1 TB DRIED CRANBERRIES OR RAISINS, 1/4 C. DRIED COCONUT & those listed on the no excess fructose and low polyol sections.

GRAINS

GF BREAD, GF PASTA, MILLET, OATS, RICE, RICE CAKES, QUINOA, QUINOA FLAKES, SLOW LEAVENED SOURDOUGH WHEAT OR SPELT BREAD, SOBA NOODLES, POLENTA, CORN TORTILLAS

NUTS/SEEDS

10 ALMONDS, 10 BRAZIL NUTS, 10 CHESTNUTS, 10 HAZELNUTS, 20 MACADAMIAS, 32 PEANUTS, 10 PECANS, 1 TB PINE NUTS, 10 WALNUTS, 2 TB CHIA SEEDS, 2 TB POPPY SEEDS, 2 TB PUMPKIN SEEDS, 1 TB SESAME SEEDS, 2 TSP SUNFLOWER SEEDS

LEGUMES

1/4 C. DRAINED & RINSED CANNED CHICKPEAS, 1 C. EDAMAME, 1/2 C. DRAINED AND RINSED CANNED LENTILS, FIRM TOFU, TEMPEH (PLAIN)

HERBS

BASIL, CILANTRO, CORIANDER, CURRY LEAVES, KAFFIR LIME LEAVES, LEMONGRASS, MINT, ROSEMARY, PARSLEY, SAGE, TARRAGON, THYME

COFFEE AND TEA

COFFEE, ESPRESSO, TEAS: BLACK, GREEN AND WHITE TEAS, HERBAL PEPPERMINT TEA

low polyols

FRUIT

BANANA (1/3 RIPE), DRIED BANANA CHIPS, BLUEBERRIES, CANTALOUPE, DURIAN MELON, CLEMENTINE, FRESH AND DRIED COCONUT, DRAGON FRUIT, GRAPES (RED, GREEN & BLACK), RIPE GUAVA, HONEYDEW, KIWIFRUIT (GOLD & GREEN), KUMQUATS, LEMONS, LIMES, ORANGE, PAPAYA, PASSION FRUIT, PINEAPPLE, PRICKLY PEAR, PLANTAIN, RASPBERRIES, RHUBARB, STAR FRUIT, STRAWBERRIES, TANGELOS, TAMARIND

VEGETABLES

1/8 AVOCADO, 1/4 C. BUTTERNUT SQUASH, 1/4 STALK CELERY, 1/2 C. SWEET POTATO, OYSTER MUSHROOMS

SWEETENERS AND BAKING

PURE MAPLE SYRUP, WHITE SUGAR, BROWN SUGAR, STEVIA, PALM SUGAR, RAW SUGAR, RICE MALT SYRUP, DARK CHOCOLATE, COCOA POWDER, VANILLA

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REFERENCE: MONASH UNIVERSITY LOW FODMAP APP; USDA NUTRIENT DATABASE.
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