

LOW FODMAP DIET CHECKLIST FOR A DIGESTIVE PEACE OF MIND

by Kate Scarlata RDN, LDN

LOW LACTOSE

CHEESE

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

BEVERAGES

LACTOSE FREE MILK,
COCONUT MILK
(CANNED), HEMP MILK,
ALMOND 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 ¾ 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,
RHubARB, 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

