

GP FODMAPs!

	FRIENDLY	PREPARATION	CAUTION
VEGETABLES	BELL PEPPERS*	COOK & PUREE, JUICE	ARTICHOKE
	BUTTERNUT SQUASH (< 1/2 CUP)	COOK & SERVE AS IS OR PUREE	ASPARAGUS
	CARROTS	COOK & SERVE, PUREE, JUICE	GARLIC
	CHIVES*	FINELY CHOP, ADD TO DISHES, SOUP	LEEKs
	CUCUMBER (SKIN REMOVED)	JUICE	ONIONS
	GINGER	ADD TO DISHES, JUICE, TEA	SHALLOTS
	KALE*	JUICE	TOMATO SAUCES & PASTE
	PARSNIPS	COOK & SERVE AS IS OR PUREE	
	POTATOES (WHITE)	COOK & SERVE AS IS OR PUREE	
	SPINACH*	COOK & SERVE, PUREE, JUICE	
	SPRING ONION* (GREEN SECTION ONLY)	FINELY CHOP, ADD TO DISHES, SOUP	
	ZUCCHINI (OUTER PART W/O SEEDS)	COOK & SERVE AS IS OR PUREE	
FRUITS	AVOCADO (1-2 SLICES)	ADD AS A FAT TO DISH OR SMOOTHIE	APPLES
	BANANA (RIPE)	BAKING, CEREAL, YOGURT, SMOOTHIE	FRUIT JUICE (STORE BOUGHT)
	BLUEBERRIES	JUICE, SMOOTHIES (VITAMIX/BLENDTEC)	MANGOS
	CANTALOUPE	ADD TO SMOOTHIES	NECTARINES
	GRAPES	JUICE	PEACHES
	HONEYDEW MELON	ADD TO SMOOTHIES	PEARS
	LEMON / LIME*	ADD TO DISHES & TEA FOR FLAVOR	WATERMELON
	PAPAYA	ADD TO SMOOTHIES	
	RHUBARB	COOK & PUREE	
	STRAWBERRIES	JUICE, SMOOTHIES (VITAMIX/BLENDTEC)	

 Gluten Free.
  Lactose Free.

* May be difficult to digest for some and/or contribute to heartburn/reflux. This list provides ideas for those with gastroparesis interested in a FODMAPs diet and is not intended to replace medical advice. When making dietary changes it may be necessary to consult with your physician and/or a registered dietician for further diagnosis and assistance.

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GRAINS/BREAD	CREAM OF BUCKWHEAT	PREPARE AS DIRECTED	
	CREAM OF RICE	PREPARE AS DIRECTED	BARLEY
	CORN TORTILLA*	STEAM ON STOVE OR MICROWAVE (NOT TESTED BUT OFTEN TOLERATED)	RYE
	ⓄF BREAD/PASTA (CHECK INGREDIENTS)	(EXPERIMENT WITH SMALL AMOUNTS TO SEE HOW PRODUCT DIGESTS)	WHEAT
	OATMEAL*	CAUTION, FIBER MAY BOTHER SOME	
	QUINOA FLAKES*	CAUTION, FIBER MAY BOTHER SOME	
	WHITE RICE	PREPARE AS DIRECTED	
NUT	ALMOND, PEANUT*	ADD 1T. TO HOT CEREAL, LF YOGURT,	PISTACHIO, CASHEW
	PECAN, WALNUT	SMOOTHIE, SOUP, ⓄF TOAST	
DAIRY	ⓄF MILK, YOGURT, ICE CREAM SORBET	EXPERIMENT WITH SMALL AMOUNTS	MILK, ICE CREAM, CUSTARD
	CHEESES* CHEDDAR, MOZZARELLA	EXPERIMENT WITH SMALL AMOUNTS	COTTAGE CHEESE, RICOTTA
	PARMESAN		
PROTEIN/SWEETS/SPICES	GLUCOSE, MAPLE SYRUP	WATCH FOR ARTIFICIAL SWEETENERS	AGAVE, HIGH FRUCTOSE CORN SYRUP, HONEY SUGAR, ALCOHOL, SORBITOL, XYLITOL MANNITOL, ISOMALT (FOUND IN SUGAR FREE GUMS, MINTS, COUGH DROPS & MEDICATIONS)
	TABLE SUGAR		
	SALT, PEPPER, FRESH HERBS*, DRIED	EXPERIMENT WITH SMALL AMOUNTS	CHICORY, FRUCTO-OLIGOSACCHARIDE (FOS) INULIN, PREBIOTICS ONION & GARLIC POWDER
	HERBS, GINGER-INFUSED OIL, LEMON-LIME JUICE*, ASAFETIDA POWDER	A TIME TO SEE HOW IT SETTLES (ASAFETIDA HAS SIMILAR TASTE TO ONION)	
	CHICKEN BREAST, FISH, TOFU	INDIVIDUALS TOLERANCE MAY VARY. USE WHAT WORKS BEST FOR YOU. IF NOT GETTING ADEQUATE PROTEIN, TALK WITH A NUTRITIONIST AND/OR A HEALTH COACH TO FORM A PLAN	WATCH FOR BREADING
	EGG (1 WHOLE AND/OR WHITES)		SAUCES, ADDITIVES, ETC. WHEN MAKING CHOICES

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