

## High FODMAP Foods to Avoid

### Fruit

- Apple
- Apricot
- Avocado
- Banana (Ripe)
- Blackberry
- Boysenberry
- Cherry
- Dates
- Figs
- Longan
- Lychee
- Mango
- Nashi
- Nectarine
- Peach
- Pear
- Persimmon
- Plum
- Prune
- Tamarillo
- Watermelon
- Concentrated Fruit Sources
- Dried Fruit
- Fruit Juice
- Tinned Fruit in Natural Juice

### Vegetables

- Artichoke
- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Fennel
- Garlic
- Leek
- Mushrooms
- Onion (All)
- Peas
- Pumpkin
- Shallots
- Spring Onion (White Part)
- Snow Peas
- Sugar Snap Peas

### Dairy

- Buttermilk
- Cottage Cheese
- Cow Milk
- Cream
- Cream Cheese
- Custard
- Evaporated Milk
- Frozen Yogurt
- Goat Milk
- Ice Cream
- Lactose
- Margarine
- Ricotta Cheese
- Sheep Milk
- Sherbet
- Soft Unripe Cheese
- Sour Cream
- Sweetened Condensed Milk
- Yogurt

### Legumes

- Baked Beans
- Chickpeas
- Kidney Beans
- Lentils
- Soy Beans

### Grains

- Rye
- Spelt
- Wheat

### Nuts & Seeds

- Almonds
- Cashews
- Pistachios

### Misc

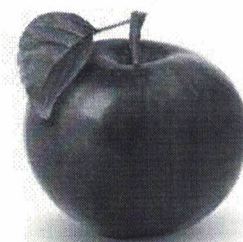
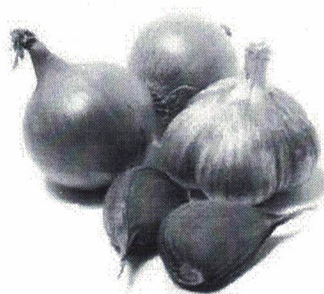
- Camomile Tea
- Chicory
- Cocoa Powder
- Dandelion
- Fennel Tea
- Instant Coffee
- Inulin

### Sweeteners

- Fructose
- High Fructose Corn Syrup
- Fruisana
- Honey
- Isomalt
- Maltitol
- Mannitol
- Molasses
- Sorbitol
- Xylitol

### Alcohol

- Rum
- Wine: Low Glycemic Index & Sticky



Provided by [LivingHappyWithIBS.com](http://LivingHappyWithIBS.com)  
April 2014 Edition

# LOW FODMAP GROCERY LIST

Always check ingredients on packaged foods to ensure they comply with the latest low FODMAP diet guidelines.

## GRAINS

- Gluten free pasta (rice, quinoa, corn)
- Millet
- Oats
- Oat bran
- Potentea
- Quinoa (black, red, white)
- Rice (brown, white, basmati)
- Rice bran

## BRAND NAME CEREALS

- Ancient Harvest Quinoa Flakes
- Bob's Red Mill Mighty Tasty Hot Cereal
- Cheerios
- Eden Organics Brown Rice Flakes Hot Cereal
- EnviroNkatz Gorilla Munch
- EnviroNkatz Peanut Butter Panda Puffs

## BREADS

- Udi's White Sandwich Bread
- Sourdough (white, wheat, spelt)
- Food for Life Multi Seed English muffins
- Millet Bread
- Food for Life Brown Rice Tortillas
- Rudi's Plain Tortillas
- Corn Tortilla

## FLOURS AND BAKING SUPPLIES

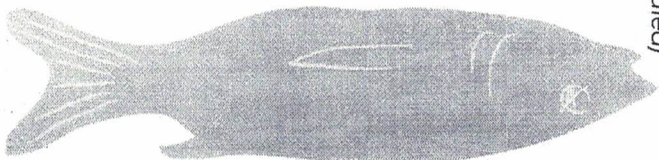
- Bisquick Gluten-Free Pancake and Baking Mix
- Dark chocolate
- Flour (corn, millet, quinoa, sorghum, buckwheat, rice)
- King Arthur GF Multi-Purpose flour
- Namaste (perfect flour blend, waffle & pancake mix, brownie mix, blonde mix, muffin mix)
- Pure Maple Syrup
- Starch (potato, tapioca, corn)
- Stevia
- Sugar (palm, brown, granulated)

## SPICES

- All Spice
- Black pepper
- Cardamom
- Chili powder
- Chinese Five Spice
- Cinnamon
- Cloves
- Coriander Seeds
- Cumin
- Curry Powder
- Mustard Seeds
- Nutmeg
- Paprika
- Saffron
- Star Anise
- Turmeric

## PROTEIN

- Beef
- Chicken
- Fish
- Egg
- Lamb
- Lamb (canned)
- Tofu (firm)



## NUT BUTTER

- Smucker's Peanut Butter
- Skippy Peanut Butter
- Jeddie Peanut Butter
- 365 Smooth Almond Butter (Whole Foods)

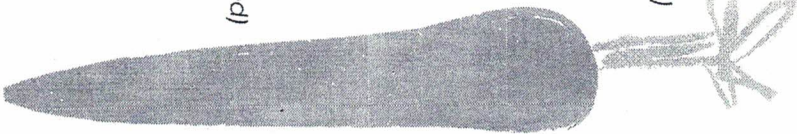
## NUTS/SEEDS

- (allow one handful per sitting)
- Almonds
- Brazil nuts
- Chestnuts
- Chia seeds
- Macadamias
- Peanuts
- Pecans
- Pine nuts
- Poppy seeds
- Pumpkin seeds (pepitas)
- Sesame seeds
- Sunflower seeds
- Walnuts

## PRODUCE

### VEGETABLES

- Asparagus
- Artichoke
- Bamboo shoots
- Bean sprouts
- Beets (limit to 4 slices)
- Bok choy
- Bell peppers
- Broccoli (limit 1/2 cup)
- Bok Choy
- Carrots
- Capers
- Cabbage (common, red)
- Corn (half a cob)
- Celentac
- Celery (1/4 stalk)
- Chives
- Chili pepper
- Collard greens
- Cucumber
- Eggplant
- Endive
- Fennel bulb
- Ginger
- Green beans
- Kale
- Kabocha squash
- Leek (green leaves only)
- Lettuce
- Olives (green, black)
- Parsnip



## POTATO, WHITE

- Radish
- Rutabaga
- Scallions (green part only)
- Spinach
- Seaweed (nor)
- Summer squash
- Sweet potato (limit to 1/2 cup)
- Swiss chard
- Turnips
- Tomato
- Water chestnuts
- Zucchini

## FRUIT

- (limit to one serving per meal)
- Avocado (limit to 1/8)
- Banana (small)
- Blueberries
- Cantaloupe
- Cocunut
- Clementine
- Dragonfruit
- Grapes
- Honeydew melon
- Kiwifruit
- Lemon
- Lime
- Orange
- Papaya
- Passion fruit
- Pineapple
- Plantain
- Raspberries
- Rhubarb
- Starfruit
- Strawberries
- Tangelo

## HERBS

- Basil
- Cilantro
- Lemongrass
- Rosemary
- Parsley
- Tarragon
- Thyme

## DAIRY

- CHEESE
- Cheddar
- Swiss
- Colby
- Parmesan
- Goat
- Hevarti
- Brie
- Feta
- Carmembert
- Mozzarella

## MILK

- Lactose free
- Coconut milk (canned only)
- Almond milk
- Hemp milk

## YOGURT/KEFIR

- Green Valley lactose free yogurt
- Flavory Vanilla Indulgencia



## OILS/CONDIMENTS

- Avocado oil
- Butter (sticks and spreadable)
- Canola oil
- Coconut oil
- Dairy blend (70% butter, 30% oil)
- Extra virgin and virgin olive oil
- Olive oil
- Peanut oil
- Rice bran oil
- Sesame oil
- Sunflower oil
- Vegetable oil

## JAMS/SPREADS

- Fish Sauce
- Marmalade jam
- Mayonaisse
- Miso Paste
- Mustard
- Oyster sauce
- Rice wine vinegar
- Sarabeth's (Cranberry Relish, Strawberry Rhubarb Spreadable Fruit)
- Soy sauce
- Wasabi

## SNACKS+SWEETS

- Aleid's (almond horn cookies, peanut butter cookies)
- Barney Butter snack pack (smooth, raw+chia, cocoa+coconut)
- Blue Diamond Almond Nut Thins
- Gilbert's (Super Dooper Snickerdoodles, Sensational Sugar cookies)
- Ginnybakes (chocolate chip love + buttercrisp love mini cookies)
- Justin's dark chocolate peanut butter cups
- Kettles Baked Potato Chips (sea salt)
- Keo frozen dessert (chocolate, coconut)
- Lalki rice crackers
- Lundberg Rice Chips (sea salt)
- Mary's Gone Crackers (original)
- Rice Cakes
- Simply gum (mint, cinnamon, ginger)
- Snyder's GF Pretzels
- Tortilla Chips
- 88 Acres dark chocolate sea salt bars

## BEVERAGES

- Coffee
- Cranberry Juice (100% containing no HFCS)
- Tea (black, green, peppermint, white)
- Water



References: Packaged food ingredient lists, USDA, National Nutrient Database, Monson University low FODMAP diet app, the opinions of Fy & Digestive Practice of Miami, LLC and the information gathered at [www.kaleicatala.com](http://www.kaleicatala.com) and in this handbook are not intended to provide medical advice or to diagnose or treat any medical diseases. It is strictly for informational purposes, and does not constitute any medical advice. The information provided does not replace their medical advice.