



Low-FODMAP Diet Food List

Food Groups	Eat Freely	May Cause Symptoms	Best Avoided
VEGETABLES	Bamboo shoots		
	Beet		
	Bok choy		
	Carrot		
	Cucumber (including pickles made without sugar)		
	Dandelion greens		Artichoke (fructose)
	Eggplant		Asparagus (fructose)
	Endive		Broccoli (fructans)
	Fermented vegetables (raw sauerkraut, or lacto-fermented vegetables)		Cabbage (fructans)
	Green beans		Cauliflower (polyol)
	Kale	Avocado (polyol)	Garlic (fructans)
	Lettuce	Brussels sprouts (fructans)	Jerusalem artichoke (fructans)
	Olives	Celery (polyol)	Leeks (fructans)
	Parsnip	Fennel bulb (fructans)	Okra (fructans)
	Sea vegetables	Green peas (fructans)	Onion (fructans)
	Spinach	Mushrooms (polyol)	Shallots (fructans)
	Spring onion (green part only)		Snow peas (fructans, polyols)
	Sprouts and microgreens (including alfalfa and sunflower)		Sugar snap peas (fructose)
	Summer squash (zucchini, pattypan and yellow squash)		Raddichio (fructans)
	Swiss chard		Tomato sauces and tomato paste (fructose, fructans)
Tomatoes (including cherry tomatoes)			
Winter squash (acorn, butternut, pumpkin and spaghetti squash)			



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FRUITS	<ul style="list-style-type: none"> Banana, ripe Blueberries Grapefruit Kiwi Lemon Lime Mandarin Melons (including cantaloupe and honeydew) Orange Papaya Passionfruit Pineapple Raspberries Rhubarb Strawberries 	<ul style="list-style-type: none"> Banana, unripe Longon (polyol) Lychee (polyol) Rambutan (polyol) Grapes (fructose) 	<ul style="list-style-type: none"> Apple (fructose and polyol) Apricot (polyol) Cherries (fructose and polyol) Mango (fructose) Nectarine (polyol) Peach (polyol) Pear (fructose and polyol) Persimmon (polyol) Plum (polyol) Watermelon (fructose and polyol)
PROTEINS	<ul style="list-style-type: none"> Muscle meats Organ meats Homemade bone broth Fish and Seafood Poultry Eggs Bacon (made without sugar) 	—	<ul style="list-style-type: none"> Legumes (lentils, beans, and peanuts) Soy (including edamame, tofu, tempeh, and soy milk)
FATS	<ul style="list-style-type: none"> Avocado oil Coconut oil Cod liver oil Ghee Lard from pastured animals Olives and EVOO Macadamia oil Homemade mayonnaise 	<ul style="list-style-type: none"> Avocado (polyol) 	<ul style="list-style-type: none"> Vegetable oils and high pro-inflammatory omega-6 fats (canola, sunflower, safflower, grape seed, soybean, cottonseed and peanut oils) Prepared mayonnaise and salad dressings
STARCHES	<ul style="list-style-type: none"> Cassava / Yuca Plantain Rutabaga Taro Turnip White potato White rice 	<ul style="list-style-type: none"> Sweet potato (polyol) Yam (polyol) 	<ul style="list-style-type: none"> Legumes



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NUTS & SEEDS	All nuts may be difficult to digest, and caution should be taken. Sprouted nuts or homemade sprouted nut butters may be best tolerated.	Most nuts, seeds, and nut butters	Pistachios (fructans) Almonds Hazelnuts
	Butter Ghee	High-fat, low-lactose dairy products made from the milk of pastured cows, ideally raw; only if tolerated: Cream Kefir (fermented 24 hours) Yogurt (fermented 24 hours)	Cheese All commercial dairy products made from non-pastured, grain-fed cows, such as commercial yogurt and pasteurized milk
DAIRY			
HERBS, SPICES & COOKING INGREDIENTS	Fresh and dried herbs Ginger Pepper Salt (Celtic sea salt, Himalayan salt, Murray River salt) Seaweed Vinegar	Coconut aminos Garlic and onion powders (may contain fructans)	Sugar-, grain-, soy- or gluten-containing seasonings or condiments (ketchup, soy sauce, some tamari sauces, balsamic glaze, commercial mayonnaise and salad dressings) Chicory (fructans) Sugar alcohols (sorbitol, mannitol, xylitol, etc.) Gums, carrageenan, soy lecithin MSG and colorings
	Best avoided for at least 30 days	Coconut (unsweetened shredded, milk, cream, and butter) Coconut sugar Dark chocolate (100% cacao) Maple syrup	Agave syrup (fructose) Artificial sweeteners (Splenda, aspartame, etc.) High-fructose corn syrup (fructose) Honey (fructose) Refined sugars
SWEETS			
BEVERAGES	Water (flat or sparkling; with lemon or lime juice if preferred) Homemade bone broth Tea (unsweetened white, green, oolong, rooibos) Herbal teas without unsafe fruits	Teas with fruits containing polyols or fructose Decaffeinated coffee (Swiss water processed) Both alcohol and caffeine may irritate the GI tract, though small amounts of coffee, black tea, mate and dry wine may be enjoyed if tolerated.	Beer (most contain gluten and/or mannitol) Fruit juice Soda Wine (ports, late harvest, ice wine)



IMPORTANT TIPS FOR OPTIMAL GI HEALTH DURING YOUR TIME ON A LOW-FODMAP DIET

- Liver from pastured animals one to two times weekly will help to replenish your vitamin B12, iron, and other nutrients you may be deficient in due to dysbiosis.
- Homemade bone broths can be very healing for the GI tract.
- Meats are most easily digested when prepared at low cooking temperatures, using moist cooking techniques. Consider using a slow-cooker, stewing, braising or poaching for at least 30 days.
- Vegetables should be well-cooked with any seeds removed to improve digestibility; minimize your intake of raw, fibrous fruits and vegetables. For more information on this, see: <http://chriskresser.com/got-digestive-problems-take-it-easy-on-the-veggies>
- Be very careful when eating out, and consider calling ahead to ask about preparation methods and ingredients to find an option that works for you.

Adapted from Aglaee Jacob, MS, RD from <http://radicatanutrition.com/paleo-low-fodmap-diet-food-list/>