

THE FOODS YOU CAN EAT ON A LOW FODMAPS DIET:

VEGETABLES

- Kale
- Romaine
- Parsley
- Parsnip
- Potato
- Scallions
- Radicchio
- Spinach
- Squash
- Sweet potato
- Swiss chard
- Tomato
- Arugula
- Peppers
- Broccoli
- Bamboo shoots
- Bok choy
- Carrots
- Collard greens
- Cabbage
- Eggplant
- Endive
- Fennel
- Green beans

FRUIT

- Banana
- Blueberry
- Melon
- Clementine
- Grapes
- Kiwi
- Lemon
- Lime
- Orange
- Pineapple
- Raspberry
- Strawberry

MISC

- Espresso
- Coffee
- Tea
- Cacao powder
- Pea Protein
- Capers
- Pickles
- Mustard
- Miso paste
- Apple cider vinegar

HERBS & SPICES

- Chives
- Basil
- Bay leaves
- Cilantro
- Coriander
- Curry leaves
- Dill
- Lemongrass
- Mint
- Parsley
- Resemary
- All spice
- Cardamom
- Chili powder
- Cinnamon
- Cloves
- Coriander seeds
- Cumin
- Curry powder
- Fennel
- Fenugreek
- Sage
- Tarragon
- Thyme
- Nutmeg
- Paprika
- Black pepper
- Saffron
- Star anise
- Turmeric
- Vanilla bean

NUTS & SEEDS

- Hemp seeds
- Chia seeds
- Poppy seeds
- Sesame seeds
- Sunflower seeds
- Pumpkin seeds
- Chestnuts
- Tigernuts
- Almonds (10)
- Brazil nuts
- Hazelnuts (10)
- Macadamia nuts
- Pecans
- Pine nuts
- Walnuts

ORGANIC PROTEIN

- Chicken
- Eggs
- Fish
- Beef
- Lamb
- Pork
- Shellfish
- Tempeh

OILS

- Olive oil
- Avocado oil
- Coconut oil

STARCHES

- Cassava
- Yuca, Plantain
- Rutabaga,
- Taro
- Turnip
- White potato
- White rice
- Quinoa

DAIRY

- Butter
- Ghee
- Goat milk
- Brie
- Camembert
- Cheddar
- Mozzarella
- Feta

DAIRY ALTERNATIVES

- Almond milk
- Coconut milk
- Hemp milk
- Macadamia milk
- Coconut yogurt
- Almond milk yogurt

One amazing way to help you avoid foods that are high in FODMAPs, is by downloading the [The Monash University Low FODMAP Diet app](#)