

LOW-FODMAP Foods

FRUITS

Bananas, Blueberries, Cantaloupe (3/4 cup), Clementine's, Cranberries, Grapes, Honeydew (3/4 cup), Kiwis, Lemons, Limes, Oranges, Passion Fruit, Pineapple, Raspberries, Rhubarb, Star fruit, Strawberries

VEGETABLES

Bean sprouts, Bell peppers, Carrots, Chiles, Cucumbers, Eggplant, Fennel, Green beans, Kales, Leeks (green part), Lettuce, Olives, Parsnips, Potatoes, Scallions (green part), Spinach, Summer squash, Swiss chard, Turnips, Zucchini

DAIRY

Butter, Coconut milk, Lactose-free cow's milk, Rice milk, Whipped cream (1/2 cup)

STARCHES AND LEGUMES

Arrowroot, Gluten-free cornbread and corn tortillas, Gluten-free breads, Gluten-free flour, Gluten-free pasta, Millet, Quinoa, Rice, Tapioca, Tofu, Tempeh

NUTS AND SEEDS

Brazil nuts, Chia seeds, Macadamia nuts, Peanuts, Peanut butter, Pecans, Pine nuts, Sesame seeds, Sunflower seeds, Walnuts

MEATS

Beef, Chicken, Duck, Eggs, Fish, Game meats, Lamb, Pork, Seafood, Tofu, Turkey

CONDIMENTS

Champagne vinegar, Fish sauce, Garlic-infused oil, Lemon juice, Lime juice, Oils, Oyster sauce, Red wine vinegar, Rice vinegar, Sherry vinegar, Gluten-free soy sauce (tamari), White wine vinegar

HERBS AND SPICES

Basil, Bay leaves, Caraway, Cayenne, Chervil, Chives, Cilantro, Coriander, Dill, Ginger, Mint, Mustard seed, Oregano, Paprika, Parsley, Pepper, Red pepper flakes, Rosemary, Salt, Thyme, Turmeric

SWEETENERS

acesulfame-potassium, aspartame, brown sugar, pure maple syrup (2T), sucrose, granulated sugar, powdered sugar