

# Moderate-FODMAP Foods

## FRUITS

Avocados (1T), Banana chips (10 chips), Shredded coconut (1/4 cup), Dried cranberries (1T), Grapefruit, Pomegranate (1 small or 1/4 cup), Raisins (1T)

## STARCHES AND LEGUMES

Buckwheat kernels (1/8 cup), Canned chickpeas (1/4 cup), Gluten-free oats (1/4 cup dry or 1/2 cup cooked), Canned lentils (1/4 cup), Sourdough spelt bread (2 slices)

## CONDIMENTS

Balsamic vinegar (1T)

## VEGETABLES

Artichoke hearts (1/8 cup), Broccoli (1/2 cup), Brussel sprouts, Butternut squash (1/4 cup), Celery (5-inch stalk), Green cabbage (1 cup), Radicchio (1 cup), Savoy cabbage (1/2 cup), Sweet potatoes (1/2 cup), Tomato (1 per meal)

## NUTS AND SEEDS

Almonds (10 nuts), Flaxseed (1T), Hazelnuts (10 nuts)

## HERBS AND SPICES

Allspice (1 tsp), Cinnamon (1 tsp), onion-free and garlic-free chili powder (1 tsp), cumin (1 tsp)

## DAIRY

Brie cheese, Feta cheese, mozzarella cheese, hard cheeses (such as Parmesan, Cheddar, and Swiss) (1 ounce); half-and-half (1/4 cup); soft cheeses (such as ricotta and cream cheese) (2T)