

Low FODMAP Foods (good to eat)

Vegetables and Legumes

- Alfalfa
- Bamboo shoots
- Bean sprouts
- Bok Choy / Pak Choi
- Broccoli - 1/2 cup
- Brussel sprouts - 1 serving of 2 sprouts
- Butternut squash - 1/4 cup
- Cabbage, common and red
- Callaloo
- Carrots
- Celeriac
- Celery - less than 5cm of stalk
- Chicory leaves
- Chick peas - 1/4 cup
- Chili - if tolerable
- Chives
- Choy sum
- Collard greens
- Corn / sweet corn - if tolerable and only in small amounts - 1/2 cob
- Courgette
- Cucumber
- Eggplant / aubergine
- Fennel
- Green beans
- Green pepper / green bell pepper / green capsicum
- Ginger
- Kale
- Leek leaves
- Lentils - in small amounts
- Lettuce: butter, iceberg, radicchio, red coral, rocket
- Marrow
- Okra
- Olives
- Parsnip
- Potato
- Pumpkin
- Pumpkin, canned - 1/4 cup, 2.2 oz.
- Radish
- Red peppers / red bell pepper / red capsicum
- Scallions / spring onions (green part)

Meats, Poultry and Meat Substitutes

- Beef
- Chicken
- Kangaroo
- Lamb
- Pork
- Prosciutto
- Quorn, mince
- Turkey
- Cold cuts/ deli meat/ cold meats such as ham and turkey breasts

Fish and Seafood

- Canned tuna
- Fresh fish e.g.
 - Cod
 - Haddock
 - Plaice
 - Salmon
 - Trout
 - Tuna
- Seafood (ensuring nothing else is added) e.g.
 - Crab
 - Lobster
 - Mussels
 - Oysters
 - Prawns
 - Shrimp

Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes

- Wheat free breads
- Gluten free breads
- Bread made from oats, rice, corn, spelt and potato flours
- Wheat free or gluten free pasta
- Almonds-max of 15
- Biscuit, savory
- Biscuit, shortbread – 1 only
- Brazil nuts
- Seeds, pumpkin
- Seeds, sesame
- Seeds, sunflower
- Sourdough
- Starch, maize, potato and tapioca
- Sorghum
- Tortilla chips / corn chips
- Walnuts

Low FODMAP Foods (good to eat)

Condiments, Dips, Sweets, Sweeteners and Spreads

- Aspartame
- Acesulfame K
- Barbecue sauce
- Capers in vinegar
- Capers, salted
- Chocolate, dark
- Chocolate, milk, 3 squares
- Chocolate, white, 3 squares
- Chutney, 1 tablespoon
- Fish sauce
- Garlic infused oil
- Golden syrup
- Glucose
- Jam / jelly, strawberry
- Ketchup (USA) - 1 sachet
- Maple syrup
- Marmalade
- Mayonnaise - ensuring no garlic or onion in ingredients
- Miso paste
- Mustard
- Oyster sauce
- Pesto sauce - less than 1 tbsp.
- Peanut butter
- Rice malt syrup
- Saccharine
- Shrimp paste
- Soy sauce
- Stevia
- Sweet and sour sauce
- Sucralose
- Sugar - also called sucrose
- Water

- Milk, lactose free
- Milk, oat – 30ml, enough for cereal
- Parmesan cheese
- Rice milk
- Sorbet
- Soy protein (avoid soya beans)
- Swiss cheese
- Tempeh
- Tofu
- Whipped cream
- Yogurt, lactose free

Herbs and Spices

- Herbs: Basil, Cilantro, Coriander, Curry leaves, Fenugreek, Gotukala, Lemongrass, Mint, Oregano, Pandan, Parsley, Rampa, Rosemary, Tarragon, Thyme
- Spices: All spice, Black pepper, Cardamom, Chilli powder, Cinnamon, Cloves, Cumin, Curry powder, Fennel seeds, Five spice, Goraka, Mustard seeds, Nutmeg, Paprika, Saffron, Star anise, Turmeric

Dairy Foods and Eggs

- Butter
- Cheese, brie
- Cheese, camembert
- Cheese, cheddar
- Cheese, cottage
- Cheese, feta
- Cheese, goat / chevre
- Cheese, mozzarella
- Cheese, ricotta – ricotta – 2 tablespoons
- Cheese, swiss
- Dairy free chocolate pudding
- Eggs
- Margarine
- Milk, almond
- Milk, hemp