

LOW FODMAP DIET: PHASE 1 (ELIMINATION)

Comprehensive Food Reference Guide

VEGETABLES & TUBERS

Low FODMAP (Enjoy)

Carrot, Cucumber, Eggplant, Green Beans, Kale, Lettuce, Potato, Spinach, Zucchini, Tomato.

High FODMAP (Avoid)

Garlic, Onion, Asparagus, Cauliflower, Mushroom, Artichoke, Leek, Shallots.

FRUITS

Low FODMAP (Enjoy)

Banana (firm), Blueberry, Kiwi, Orange, Pineapple, Strawberry, Grapes.

High FODMAP (Avoid)

Apple, Mango, Pear, Watermelon, Cherry, Peach, Plum, Dried Fruit.

GRAINS & STARCHES

Low FODMAP (Enjoy)

Rice, Quinoa, Oats, Corn, Gluten-free Bread/Pasta, Buckwheat.

High FODMAP (Avoid)

Wheat, Barley, Rye, Semolina, Spelt (in large amounts), Couscous.

PROTEINS & LEGUMES

Low FODMAP (Enjoy)

Eggs, Firm Tofu, Beef, Chicken, Fish, Pork, Tempeh, Canned Chickpeas (rinsed).

High FODMAP (Avoid)

Lentils, Kidney beans, Soybeans, Silken Tofu, Processed Meats with Garlic/Onion.

DAIRY & ALTERNATIVES

Low FODMAP (Enjoy)

Lactose-free Milk, Hard Cheeses (Cheddar, Parmesan), Almond Milk, Rice Milk.

High FODMAP (Avoid)

Cow's Milk, Yogurt, Soft Cheese (Ricotta, Cottage), Soy Milk (made from whole beans).

SWEETENERS & SNACKS

Low FODMAP (Enjoy)

Maple Syrup, Dark Chocolate, Table Sugar, Stevia, Walnuts, Peanuts.

High FODMAP (Avoid)

Honey, Agave, Sorbitol, Xylitol, Cashews, Pistachios, High Fructose Corn Syrup.

Note: Standard serving sizes apply. Consult a dietitian before beginning the elimination phase.