

LOW FODMAP REFERENCE CHART

Elimination Phase Quick-Guide

Vegetables

ENJOY (Low)

Carrots, Cucumber

Eggplant, Potato

Spinach, Zucchini

Green Beans

AVOID (High)

Garlic, Onions

Asparagus, Leeks

Cauliflower, Mushrooms

Artichokes

Fruits

ENJOY (Low)

Blueberries, Grapes

Kiwi, Oranges

Strawberries

Pineapple

AVOID (High)

Apples, Pears

Mango, Watermelon

Peaches, Plums

Dried Fruits

Proteins & Grains

ENJOY (Low)

Eggs, Tofu, Beef

Chicken, Fish

Rice, Quinoa

Oats, Corn

AVOID (High)

Marinated Meats

Sausages (w/ Garlic)

Wheat, Barley, Rye

Couscous

Dairy & Alternatives

ENJOY (Low)

Lactose-free Milk

Hard Cheeses (Brie)

Almond Milk

Firm Tofu

AVOID (High)

Cow's Milk

Soft Cheeses (Ricotta)

Soy Milk (Whole bean)

Ice Cream, Yogurt

Note: Portion sizes matter. Consult with a registered dietitian for personalized guidance.