

LOW FODMAPs GROCERY LIST

Always check ingredients. Manufacturers modify on an ongoing basis to ensure ingredients are low FODMAP.

GRAINS

Gluten free pasta (rice, quinoa, corn)
Millet
Oats
Oat bran
Polenta
Quinoa (black, red, white)
Rice (brown, white, basmati)
Rice bran

BRAND NAME CEREALS

Ancient Harvest Quinoa Flakes
Bob's Red Mill Mighty Tasty Hot Cereal
Cheerios
Eden Organics Brown Rice Flakes Hot Cereal
Environkidz Gorilla Munch
Environkidz Peanut Butter Panda Puffs

BREADS

Udi's White Sandwich Bread
Sourdough (white, wheat, spelt)
Food for Life Multi Seed English muffins
Millet Bread
Food for Life Brown Rice Tortillas
Rudi's Plain Tortillas
Corn tortilla

FLOURS AND BAKING SUPPLIES

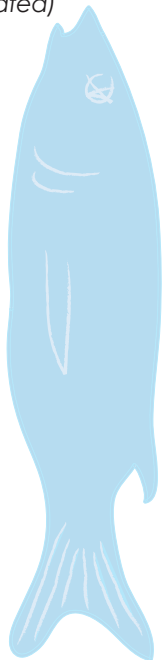
Bisquick Gluten-Free Pancake and Baking Mix
Dark chocolate
Flour (corn, millet, quinoa, sorghum, buckwheat, rice)
King Arthur GF Multi-Purpose flour
Namaste (perfect flour blend, waffle & pancake mix, brownie mix, blondie mix, muffin mix)
Pure Maple Syrup
Starch (potato, tapioca, corn)
Stevia
Sugar (palm, brown, granulated)

SPICES

All Spice
Black pepper
Cardamom
Chili powder
Chinese Five Spice
Cinnamon
Cloves
Coriander Seeds
Cumin
Curry Powder
Mustard Seeds
Nutmeg
Paprika
Saffron
Star Anise
Turmeric

PROTEIN

Beef
Chicken
Fish
Egg
Pork
Lamb
Tuna (canned)
Tofu (firm)



NUT BUTTER

Smucker's Peanut Butter
Skippy Peanut Butter
Teddies Peanut Butter
365 Smooth Almond Butter (Whole Foods)

NUTS/SEEDS

(allow one handful per sitting)
Almonds
Brazil nuts
Chestnuts
Chia seeds
Macadamias
Peanuts
Pecans
Pine nuts
Poppy seeds
Pumpkin seeds (pepitas)
Sesame seeds
Sunflower seeds
Walnuts

PRODUCE

VEGETABLES

Alfalfa sprouts
Arugula
Bamboo shoots
Bean sprouts
Beets (limit to 4 slices)
Bok choy
Bell peppers
Broccoli (limit 1/2 cup)
Bok Choy
Carrots
Capers
Cabbage (common, red)
Corn (half a cob)
Celeriac
Celery (1/4 stalk)
Chives
Chili pepper
Collard greens
Cucumber
Eggplant
Endive
Fennel bulb
Ginger
Green beans
Kale
Kabocha squash
Leek (green leaves only)
Lettuce
Olives (green, black)
Parsnip



Potato, white
Radish
Rutabaga
Scallions (green part only)
Spinach
Seaweed (nori)
Summer squash
Sweet potato (limit to 1/2 cup)
Swiss chard
Turnips
Tomato
Water chestnuts
Zucchini

FRUIT

(limit to one serving per meal)
Avocado (limit to 1/8)
Banana (small)
Blueberries
Cantaloupe
Coconut
Clementine
Dragonfruit
Grapes
Honeydew melon
Kiwifruit
Lemon
Lime
Orange
Papaya
Passion fruit
Pineapple
Plantain
Raspberries
Rhubarb
Starfruit
Strawberries
Tangelo

HERBS

Basil
Cilantro
Lemongrass
Rosemary
Parsley
Tarragon
Thyme

DAIRY

CHEESE

Cheddar
Swiss
Colby
Parmesan
Goat
Havarti
Brie
Feta
Camembert
Mozzarella

MILK

Lactose free
Coconut milk (canned only)
Almond milk
Hemp milk

YOGURT/KEFIR

Green Valley lactose free yogurt
Lifeway kefir (plain only)



OILS/CONDIMENTS

Avocado oil
Butter (sticks and spreadable)
Canola oil
Coconut oil
Dairy blend (70% butter, 30% oil)
Extra virgin and virgin olive oil
Olive oil
Peanut oil
Rice bran oil
Sesame oil
Sunflower oil
Vegetable oil

JAMS/SPREADS

Fish Sauce
Marmalade jam
Mayonnaise
Miso Paste
Mustard
Oyster sauce
Rice wine vinegar
Sarabeth's (Cranberry Relish, Strawberry Rhubarb Spreadable Fruit)
Soy sauce
Wasabi

SNACKS+SWEETS

Aleia's (almond horn cookies, peanut butter cookies)
Barney Butter snack pack (smooth, raw+chia, cocoa+coconut)
Blue Diamond Almond Nut Thins
Gilbert's (Super Dooper Snickerdoodles, Sensational Sugar cookies)
Ginnybakes (chocolate chip love + buttercrisp love mini cookies)
Justin's dark chocolate peanut butter cups
Kettles Baked Potato Chips (sea salt)
Keo frozen dessert (chocolate, coconut)
Laiki rice crackers
Lundberg Rice Chips (sea salt)
Mary's Gone Crackers (original)
Rice Cakes
Simply gum (mint, cinnamon, ginger)
Snyder's GF Pretzels
Tortilla Chips
88 Acres dark chocolate sea salt bars



BEVERAGES

Coffee
Cranberry Juice (100%, containing no HFCS)
Tea (black, green, peppermint, white)
Water



References: Packaged food ingredient lists, USDA National Nutrient Database, Monash University low FODMAP diet app. The opinions of For a Digestive Peace of Mind, LLC and the information gathered at www.katescarlata.com and in this handout are not intended to provide medical advice or to diagnose or treat medical diseases. It is strictly for informational purposes. Before undertaking any course of treatment, seek the advice of your physician or health care provider, as the information provided does not replace their medical advice.