

Food Groups	 Low FODMAP (Safe to Eat)
Meat & Poultry	Beef, chicken, turkey, chorizo, pork, lamb, Quorn meat substitute
Fish & Seafood	Fresh fish (cod, tuna, salmon, trout), crab, lobster, oyster, mussel, prawn, shrimp
Grains & Carbohydrates	Brown rice, oats, millet, quinoa, wheat-free bread, plain crackers, rice bran, tortilla chips, corn flour
Fruits	Applesauce, banana, strawberry, blueberry, cantaloupe, grapefruit, kiwi, lemons, limes, coconut, papaya, orange
Vegetables & Legumes	Kale, lettuce, potatoes, broccoli florets, Brussels sprouts, cucumber, eggplant, green beans, pumpkin, radish, tomato
Dairy & Eggs	Butter, margarine, hard cheeses (cheddar, parmesan), eggs, tofu, tempeh, Greek yogurt, lactose-free milk/yogurt
Dairy Alternatives	Almond milk, lactose-free milk, oat milk, rice milk, macadamia milk, coconut milk, lactose-free yogurt
Fats, Oils & Condiments	Olive oil, coconut oil, avocado oil, sunflower oil, cacao powder, black pepper, mustard seeds, fenugreek, cilantro, cumin, paprika, cinnamon, turmeric
Nuts & Seeds	Almonds (small portions), chia seeds, pumpkin seeds, walnuts, peanuts, macadamia nuts
Snacks	Plain popcorn, rice cakes, almond butter, peanut butter, chocolate (in moderation), rice malt syrup, stevia, aspartame
Beverages	Water, peppermint or ginger tea, green tea, black coffee (1 cup), almond milk (no inulin), rice milk (moderation)

Food Groups	✗ High FODMAP (Avoid)
Meat & Poultry	Processed meats with garlic/onion, deli meats with fillers, meatballs/meatloaf with breadcrumbs, canned fish with garlic/onion
Fish & Seafood	Canned or processed fish with garlic/onion
Grains & Carbohydrates	Barley, rye, wheat, cereal bars, cookies, cakes
Fruits	Apples, pears, watermelon, mango, cherries, peaches, plums, nectarines, apricots, dates, figs, dried fruit, canned fruit
Vegetables & Legumes	Onion (all types incl. powder), garlic (incl. powder), cauliflower, broccoli stalks, cabbage, shiitake/portobello mushrooms, asparagus, leeks, artichokes
Dairy & Eggs	Cow/goat/sheep milk, ricotta, cream cheese, cottage cheese, ice cream, regular yogurt, custards, cream-based desserts
Dairy Alternatives	Milk alternatives with inulin or high FODMAP additives
Fats, Oils & Condiments	BBQ sauces or condiments with garlic/onion
Nuts & Seeds	Cashews, pistachios
Snacks	Sugar-free gums with sorbitol, mannitol, xylitol, maltitol, high-fructose corn syrup
Beverages	Fruit juices, soda, beer, wine, rum, kombucha (large quantities), sports drinks, energy drinks