

Vegetarian Low-FODMAP Nutrition Template

No need to be perfect but do your best to follow this template



Food groups with this symbol are not typically included in a traditional paleo diet, so if you choose to consume them, pay close attention to how you feel. For some people they can be irritating and inhibit gut healing, so if you think they may be causing you a problem, take them out and see how you react. If you choose to include them for added protein or calories, do so at your own discretion and be sure to listen to the signals your body is giving you.

Food Groups	Safe	Caution	Avoid
Vegetables	Alfalfa Bamboo shoots Bean sprouts Bell peppers Bok choy Carrot Cassava/Yuca Cherry tomatoes Chives Cucumbers Eggplant Endive Ginger Green beans Kale Lettuce Olives Parsnip Pickles Plantains Rutabaga Spinach Spring onion (green part only) Swiss chard Taro Tomatoes Turnip Zucchini White potato	Avocado Beetroot Broccoli Brussels sprouts Butternut pumpkin Cauliflower Celery Fennel bulb Green peas Guacamole Mushrooms Sauerkraut Sweet potatoes/yams Wheat grass	Artichoke Asparagus Cabbage Garlic Jerusalem artichoke Leeks Okra Onions Shallot Snow peas Sugar snap peas Radicchio Tomato sauces and paste
Sea vegetables	Dulse Nori Kelp Kelp noodles		Wakame
Fruits	Banana (unripe) Blueberry Cantaloupe Honeydew melon	Grapefruit Longon Lychee Rambutan	Apples Apricots Banana (ripe) Blackberries

	Kiwifruit Lemon Lime Mandarin Orange Papaya Passionfruit Pineapple Raspberry Rhubarb Strawberry	Grapes (10-15)	Cherries Dried fruits Fruit juices Grapes (>15) Mango Nectarines Peach Pears Persimmon Plum Watermelon
Legumes 		Canned kidney beans Sprouted mung beans	Adzuki beans Chickpeas Red kidney beans Lentils
Nuts/Seeds		Most nuts and nut butter (cashews, macadamia, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds)	Almonds Hazelnuts Pistachios
Grains 	Gluten-free bread or cereal Rice Oats Polenta Quinoa Tapioca		Wheat and rye Bread Crackers Cookies Pasta
Protein 	Spirulina Firm tofu Tempeh Nutritional yeast	Pea protein isolate Rice protein isolate	Silken tofu
Dairy alternatives	Lactose-free milk Oat milk Rice milk Soy milk Sorbet Coconut yogurt	Coconut milk Almond milk	Regular dairy Goat/sheep milk Yogurt Soft cheeses (cream, ricotta)
Fats	Coconut oil Ghee, butter, cream Lard Olive oil Macadamia oil Homemade mayo Olives	Avocado Guacamole	Salad dressings, sauces, marinades prepared with unsafe ingredients
Treats			
Sweeteners		Maple syrup Molasses Dark chocolate Cocoa powder Honey	Fructose High-fructose corn syrup Sorbitol Xylitol Artificial sweeteners
Spices/Seasonings	Salt and pepper Basil	Balsamic vinegar	Chicory Dandelion

Gut Reset Resources

	<ul style="list-style-type: none"> Chili Coriander Ginger Lemongrass Mint Oregano Parsley Rosemary Thyme 		<ul style="list-style-type: none"> Garlic Inulin Onion
Drinks and alcohol	<ul style="list-style-type: none"> Water Tea (rooibos, oolong, green) 	<ul style="list-style-type: none"> Teas w/ unsafe fruits Dry wines Coffee Kombucha (small amounts) 	<ul style="list-style-type: none"> Sweeter wines Port wines Beer (contains gluten) Fruit juices Sodas