

Standard Low-FODMAP Nutrition Template

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

Food Groups	Safe	Caution	Avoid
Vegetables	Bean shoots Bok Choy Carrots Eggplant Endive Ginger Green beans Lettuce Olives Potato Pumpkin Red Bell pepper Spinach Squash Sweet potato Tomato Turnip Yam Zucchini Kale	Celery	Artichoke Asparagus Beetroot Broccoli Brussel sprouts Cabbage Cauliflower Fennel Garlic Green bell pepper Mushroom Leek Okra Onion Shallots Spring onion Corn Saurkraut
Fruits	Banana Blueberry Canteloupe Cranberry Grape Grapefruit Honeydew melon Kiwifruit Lemon Lime Orange Raspberry Rhubarb Strawberry		Apple Apricot Avocado Blackberry Cherry Mango Nectarine Peach Pear Plum Prune Watermelon Fruit juice Dried fruit
Legumes		Canned kidney beans Sprouted mung beans	Baked beans Black beans Chickpeas Kidney beans Lentils Soy beans
Nuts/Seeds	<10 almonds Almonds Chia seeds Brazil nuts Flax seeds Hazelnuts Hemp seeds	>1 Tbsp almond butter	>10 almonds Cashews Pistachios

	Macadamia nuts Peanuts Pecan Pine nuts Pumpkins seeds Walnuts		
Grains	Gluten-free bread or cereal Rice Oats Polenta Quinoa		Wheat and rye Bread Crackers Cookies Pasta
Dairy	Lactose-free milk Oat milk Rice milk Soy milk Sorbet	Coconut milk	Regular dairy Goat/sheep milk Yogurt Soft cheeses (cream, ricotta)
Sweeteners		Maple syrup Molasses	Fructose High-fructose corn syrup Sorbitol Xylitol
Spices	Basil Chili Coriander Ginger Lemongrass Mint Oregano Parsley Rosemary Thym		Chicory Dandelion Garlic Inulin Onion