

# Low FODMAP diet checklist FOR A DIGESTIVE PEACE OF MIND

By Kate Scarlata IBS + FODMAP expert

## low lactose

### CHEESE

BRIE, CAMEMBERT, COLBY, CHEDDAR, GOAT CHEESE, FETA, HAVARTI, MOZZARELLA, PARMESAN, PECORINO, SWISS, LACTOSE FREE COTTAGE, LACTOSE FREE CREAM CHEESE

### BEVERAGES

LACTOSE FREE COW'S MILK (WHOLE, 2%, 1% OR FAT FREE), CANNED COCONUT MILK (FULL FAT & LIGHT), HEMP MILK, ALMOND MILK, RICE MILK

### OTHER

LACTOSE FREE ICE CREAM, SORBET FROM ACCEPTABLE FRUITS, LACTOSE FREE YOGURT, LACTOSE FREE SOUR CREAM, WHIPPED CREAM

## no excess fructose

### FRUIT

LIMIT TO ONE FRUIT SERVING PER MEAL

BANANA, DRIED BANANA CHIPS, BLUEBERRIES, CANTALOUPE, DURIAN MELON, CLEMENTINE, FRESH AND DRIED COCONUT, DRAGON FRUIT, GRAPES (RED, GREEN & BLACK), RIPE GUAVA, HONEYDEW, KIWIFRUIT (GOLD & GREEN), KUMQUATS, LEMONS, LIMES, ORANGE, PAPAYA, PASSION FRUIT, PINEAPPLE, PRICKLY PEAR, PLANTAIN, RASPBERRIES, RHUBARB, STAR FRUIT, STRAWBERRIES, TANGELO, TAMARIND

### SWEETENERS & BAKING

PURE MAPLE SYRUP, WHITE SUGAR, BROWN SUGAR, STEVIA, PALM SUGAR, RAW SUGAR, RICE MALT SYRUP, DARK CHOCOLATE, COCOA POWDER, VANILLA

### ALCOHOL

MOST WINE & BEER, GIN, VODKA, WHISKEY

GF = GLUTEN FREE  
C. = CUP  
TB = TABLESPOON  
TSP = TEASPOON

## low fructans/GOS

### VEGETABLES

ARUGULA, BAMBOO SHOOTS, BOK CHOY, BEAN SPROUTS, 4 SLICES BEET ROOT, ¼ C. BUTTERNUT SQUASH, BELL PEPPERS, ½ C. BROCCOLI, CARROTS, CELERIAC, CHIVES, COLLARD GREENS, COMMON GREEN & RED CABBAGE, SWEET CORN (½ OF COB), RED & GREEN CHILI, CUCUMBER, EGGPLANT, ENDIVE, FENNEL BULB & STALK, GREEN BEANS, FRESH & GROUND GINGER ROOT, KABOCHA SQUASH, KALE, LETTUCE, PARSNIP, PATTY PAN SQUASH, ¼ C. CANNED PUMPKIN, POTATO (WHITE) OR ½ C. SWEET POTATO, RADISH, RUTABAGA, SCALLIONS & LEEKS (GREEN PART ONLY), SPAGHETTI SQUASH, SPINACH, SWISS CHARD, SUMMER SQUASH, NORI SEAWEED, ½ C. TARO, TOMATOES (CANNED, CHERRY, PLUM & COMMON BEEFSTEAK), TURNIP, OIL INFUSED WITH GARLIC OR ONION, WATER CHESTNUTS, ZUCCHINI, WATERCRESS, GREEN & BLACK OLIVES

### FRUITS

½ SMALL POMEGRANATE, 1 TB DRIED CRANBERRIES OR RAISINS, ¼ C. DRIED COCONUT & those listed on the no excess fructose and low polyol sections.

### GRAINS

GF BREAD, GF PASTA, MILLET, OATS, RICE, RICE CAKES, QUINOA, QUINOA FLAKES, SLOW LEAVENED SOURDOUGH WHEAT OR SPELT BREAD, SOBA NOODLES, POLENTA, CORN TORTILLAS

### NUTS/SEEDS

10 ALMONDS, 10 BRAZIL NUTS, 10 CHESTNUTS, 10 HAZELNUTS, 20 MACADAMIAS, 32 PEANUTS, 10 PECANS, 1 TB PINE NUTS, 10 WALNUTS, 2 TB CHIA SEEDS, 2 TB POPPY SEEDS, 2 TB PUMPKIN SEEDS, 1 TB SESAME SEEDS, 2 TSP SUNFLOWER SEEDS

### LEGUMES

¼ C. DRAINED & RINSED CANNED CHICKPEAS, 1 C. EDAMAME, ½ C. DRAINED AND RINSED CANNED LENTILS, FIRM TOFU, TEMPEH (PLAIN)

### HERBS

BASIL, CILANTRO, CORIANDER, CURRY LEAVES, KAFFIR LIME LEAVES, LEMONGRASS, MINT, ROSEMARY, PARSLEY, SAGE, TARRAGON, THYME

### COFFEE AND TEA

COFFEE, ESPRESSO, TEAS: BLACK, GREEN AND WHITE TEAS, HERBAL PEPPERMINT TEA

## low polyols

### FRUIT

BANANA, DRIED BANANA CHIPS, BLUEBERRIES, CANTALOUPE, DURIAN MELON, CLEMENTINE, FRESH AND DRIED COCONUT, DRAGON FRUIT, GRAPES (RED, GREEN & BLACK), RIPE GUAVA, HONEYDEW, KIWIFRUIT (GOLD & GREEN), KUMQUATS, LEMONS, LIMES, ORANGE, PAPAYA, PASSION FRUIT, PINEAPPLE, PRICKLY PEAR, PLANTAIN, RASPBERRIES, RHUBARB, STAR FRUIT, STRAWBERRIES, TANGELOS, TAMARIND

### VEGETABLES

1/8 AVOCADO, ¼ C. BUTTERNUT SQUASH, ¼ STALK CELERY, ½ C. SWEET POTATO

### SWEETENERS AND BAKING

PURE MAPLE SYRUP, WHITE SUGAR, BROWN SUGAR, STEVIA, PALM SUGAR, RAW SUGAR, RICE MALT SYRUP, DARK CHOCOLATE, COCOA POWDER, VANILLA

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REFERENCE: MONASH UNIVERSITY LOW FODMAP APP; USDA NUTRIENT DATABASE.  
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