# LOW FODMAP Diet Checklist

**[Foods to Eat]**

**Dairy/Dairy Alternatives**
- Butter
- Cheeses (hard or aged): Brie, Camembert, Cheddar, Colby, feta, goat cheese, Gruyere, Havarti, mozzarella, Parmesan, pecorino, Swiss, LF cottage or cream cheese
- LF cow’s milk
- LF ice cream
- LF sour cream
- Non-dairy milk: almond, coconut milk (canned), hemp, rice milk
- Whipped cream
- Yogurt (LF or coconut)

**Nuts/Oils/Seeds**
- Limit to one handful nuts & seeds
- Nuts: almonds, Brazil nuts, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, walnuts, peanut butter (2 TB), almond butter (1 TB)
- Oils: all (olive, avocado, etc. + garlic and shallot infused oils)
- Seeds: caraway, chia, flax, hemp, poppy, pumpkin, sesame, sunflower

**Legumes**
- Chickpeas (canned, 1/2 cup drained & rinsed)
- Edamame (2 handfulls)
- Lentils (canned, 1/2 cup drained & rinsed)
- Tempeh (plain)
- Tofu (firm)

**Fruit**
- Avocado (3 slices)
- Banana (small firm)
- Banana chips (dried)
- Blueberries (handful)
- Cantaloupe
- Clementine
- Coconut (fresh + dried)
- Cranberries (1 TB)
- Dragon fruit
- Grapes (red, green, black)
- Guava (ripe)
- Honeydew
- Kiwifruit (gold + green)
- Lemon
- Lime
- Orange papaya
- Passion fruit
- Pineapple plantain
- Pomegranate (handful)
- Raisins (1 TB)
- Raspberries
- Rhubarb
- Star fruit
- Strawberries
- Tangelo

**Vegetables/Herbs**
- Arugula
- Bamboo shoots
- Basil
- Bean sprouts
- Beets (canned or pickled)
- Bell peppers
- Bok choy
- Broccoli
- Cabbage (common, red or green)
- Capers
- Carrots
- Celeriac
- Chili pepper
- Chives
- Cilantro
- Collard greens
- Corn (1/2 cob)
- Cucumber
- Eggplant
- Endive
- Fennel bulb (few slices)
- Ginger root
- Green beans
- Kale
- Leek greens (no white part or bulb)
- Lettuce
- Mint
- Olives
- Oyster mushrooms
- Parsley
- Parsnip
- Potato (white)
- Pumpkin (canned)
- Radish
- Rosemary
- Rutabaga
- Scallion (no white part or bulb)
- Seafood (nori)
- Spinach
- Squash (kabocha, patty pan, spaghetti)
- Sweet potato (1/2 small)
- Swiss chard
- Thyme
- Tomatoes
- Turnip
- Water chestnuts
- Watercress
- Zucchini squash (5-6 slices)

**Grains**
- Buckwheat
- Corn flour
- Corn tortillas
- GF bread (w/o FODMAP ingredients)
- GF pasta (w/o FODMAP ingredients)
- Millet
- Oats
- Polenta
- Rice
- Rice cakes
- Rice flakes
- Quinoa quinoa flakes slow leavened sourdough
- Wheat or spelt breads
- Soba noodles
- Sorghum
- Teff flour

**Protein**
- Beef
- Chicken
- Eggs
- Fish
- Lamb
- Pork
- Shellfish
- Tempeh (w/o fodmap ingredients)
- Tofu (firm)
- Tuna (canned)

**Beverages**
- Alcohol, coffee, juice, tea
  - Alcohol: most white and red wine, beer, gin, vodka, whiskey
  - Juice: cranberry (without HFCS)
- Tea: black, green, peppermint, white

**Baking Products & Additives**
- Condiments, spices, sweeteners & sweets
  - Cocoa powder
  - Condiments (mustard, vinegar, soy sauce, ketchup - 1 TB of each)
  - Dark chocolate
  - GF flour blends (made with suitable ingredients)
  - Maple syrup (pure)
  - Rice syrup
  - Spices (all-spice, cinnamon, coriander, cumin)
  - Starch (corn, potato, tapioca)
  - Stevia
  - Sugar (brown, confecitoner, table, palm, raw, white)
  - Vanilla and almond extract

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**Low FODMAP Diet Education**

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**Disclaimer:** The information provided is not intended to provide medical advice or to diagnose or treat medical diseases. It is strictly for informational purpose. Before undertaking any course of treatment or diet change seek the advice of your physician or health care provider. This handout does not replace their medical advice.