



Smart Meal Plans for Irritable Bowel Syndrome

sosuisine.com/fodmap

Partial list of FOODS THAT ARE ALLOWED

(Low in FODMAP up to the quantities shown)

Source: Monash University Mobile App. Updated: 2019-10-28

FRUITS (1 whole fruit unless specified otherwise)
BANANA, not too ripe (1 medium=100 g)
BERRIES: blueberries (1/4 cup=40 g), strawberries (10), raspberries (½ C=60 g)
CANTALOUPE (½ cup=120 g)
CITRUS FRUITS : lemon, clementines (2), lime, mandarin, orange, tangerine, grapefruit (½ fruit=80 g)
COCONUT (2/3 cup=64 g)
DRAGON FRUIT (1 medium=330 g)
GRAPES (1 cup=150 g)
GUAVA, ripe (2 medium=180 g)
HONEYDEW MELON (½ cup=90 g)
KIWIFRUIT(2 units)
LYCHEES (3 units)
PAPAYA (1 cup=140 g)
PASSIONFRUIT (2 units)
PINEAPPLE (1 cup=140 g)
RHUBARB (1 cup=150 g)

SWEETENERS
BROWN RICE SYRUP (1 tbsp)
BROWN SUGAR (1/4 cup)
DARK CHOCOLATE (30 g)
MAPLE SYRUP (2 tbsp)
SUGAR (1/4 cup)

BEVERAGES
BEER (375 ml)
COCONUT WATER (100 ml)
COFFEE (with moderation)
HERBAL TEA (except chamomile, dandelion, fennel)
TEA (except chai, oolong)
WATER
WINE (150 ml) – but no sweet wines

VEGETABLES and HERBS (unlimited, unless specified otherwise)
BAMBOO SHOOTS (1/2 cup=75 g)
BEAN SPROUTS
BOK CHOY (1 cup=75 g)
BROCCOLI (3/4 cup=75 g)
BUTTERNUT SQUASH (1/3 cup=45 g)
CARROTS
CELERIAC (75 g)
CELERY (4,5 cm=10 g)
CHINESE CABBAGE (1 cup=75 g)
CORN (1/2 ear)
CUCUMBER
EGGPLANT (1 cup=75 g)
FENNEL (½ cup=45 g)
GINGER ROOT
GREEN BEANS (15 units)
HEARTS OF PALM
HERBS (all)
KALE
LETTUCES (all)
OKRA (7,5 units=75 g)
PARSNIPS
POTATOES
RADISHES
RED BELL PEPPER
RED CABBAGE (3/4 cup=75 g)
RUTABAGA (1 cup=75 g)
SAVOY CABBAGE (½ cup=40 g)
SPAGHETTI SQUASH (1/2 cup=75 g)
SPINACH
SWEET POTATO (1/2 cup=75 g)
SWISS CHARD (1 cup=75 g)
TOMATOES (except cherry and Roma tomatoes)
TURNIP (1/2=75 g)
WATER CHESTNUTS (20 units)
ZUCCHINI (1/3 cup=65 g)

SEASONINGS, SPICES and FATS
BUTTER
KETCHUP (1 small packet=8 mL)
MARGARINE
MAYONNAISE
MUSTARD
OILS
OLIVES
SHORTENING
SOY SAUCE
SPICES
TOMATO PASTE (100% tomato)
VINEGAR

DAIRY PRODUCTS and ALTERNATIVES
COCONUT YOGURT (125 g)
CREAM CHEESE, plain (40 g)
DRINKS: ALMOND (250 mL), RICE (200 mL), HEMP (125 mL)
GOAT CHEESE (40 g)
HARD CHEESES (40 g): brie, camembert, cheddar, Comté, emmenthal, feta, gorgonzola, gruyère, haloumi, havarti, manchego, Monterey Jack, mozzarella, parmigiano, pecorino, swiss
LACTOSE- FREE: MILK, YOGURT, ICE CREAM

PROTEIN SOURCES
CANNED LENTILS (1/2 cup=46 g and, CANNED CHICKPEAS (1/4 cup=42 g), well rinsed
EDAMAME frozen, without the pod (1/2 cup=90 g)
EGGS
FISH AND SHELLFISH (all, unprocessed)
MEAT AND POULTRY (all, unprocessed)
NUTS AND SEEDS (2 tbsps unless specified otherwise): almonds (10), peanuts (32), chia seeds, pumpkin seeds, flax seeds (1 tbsp), sesame seeds (1 tbsp), sunflower seeds, hemp seeds, hazelnuts (10), walnuts (10), macadamia nuts (20), pine nuts (1 tbsp), Brazil nuts (10), pecans (10), peanut butter, almond butter (1 tbsp)
SEITAN/TEMPEH/FIRM TOFU

GRAIN PRODUCTS
CEREALS, PASTA, BREAD AND CRACKERS MADE FROM THESE GRAINS : amaranth, oats, corn, millet, quinoa, rice (including wild rice), buckwheat, sorghum, tapioca, teff