



IBS-FODMAP Experts

Partial list of **FOODS THAT ARE ALLOWED**

Low in FODMAP up to the quantities shown, referring to the edible part. Where no quantity or 'n/a' is specified, FODMAPs are not a limiting factor and you can eat to satiety

Updated: 2025-11-12. Source: Monash University Mobile App.

FRUITS

APRICOT (67 g ~ 2 fruits)

BANANA, not ripe (95 g ~ 1 medium)

BERRIES: Blueberries, Raspberries (58 g ~ 1/3 cup),
Strawberries (65 g ~ 5 berries)

CANTALOUPE (120 g ~ ¾ cup)

CITRUS FRUITS: Clementine (1 fruit), Grapefruit (90 g ~ ⅓ fruit), Lemon (1/2 fruit), Lime (1/2 fruit), Mandarin (1 fruit), Orange (1 fruit), Tangerine (1 fruit)

COCONUT flesh (80 g ~ 3/4 cup)

CRANBERRIES, fresh (50 g ~ 1/2 cup), dried (22 g ~ 2 tbsp)

DRAGON FRUIT (330 g ~ 1 fruit)

GUAVA, ripe

HONEYDEW MELON (90 g ~ ½ cup)

KIWI FRUIT (150 g ~ 2 fruits)

LITCHI/LYCHEE, fresh (90 g ~ 9 fruits)

PAPAYA

PASSION FRUIT (46 g ~ 2 fruits)

PINEAPPLE (140 g ~ 1 cup)

RHUBARB

VEGETABLES and HERBS

ALFALFA SPROUTS (75 g ~ 2 cups)

BAMBOO SHOOTS, RAW

BEAN SPROUTS

BELGIAN ENDIVE / WITLOOF

BELL PEPPERS: Green (75 g ~ ½ cup), Orange (38 g ~ ¼ cup), Red (43 g ~ ⅓ cup), Yellow (35 g ~ ¼ cup)

BOK CHOY (75 g ~ 1 cup)

BROCCOLI, heads only (75 g ~ 3/4 cup)

BRUSSELS SPROUTS (75 g ~ 3 sprouts)

BUTTERNUT SQUASH (63 g ~ 1/3 cup)

CABBAGE (75 g) for: Chinese (~ 1 cup), Green (~ ¾ cup), Kale (~ 1/2 cup), Red (~ ¾ cup), Savoy (~ ¾ cup)

CARROT

CAULIFLOWER (75 g ~ ¾ cup)

CELERIAC (75 g ~ 1/2 cup)

CELERY (51 g ~ 25 cm/10 inches)

CORN kernels, fresh or frozen (75 g ~ 1/2 cup)

CUCUMBER (75 g)

EGGPLANT / AUBERGINE (75 g ~ 1 cup)

FENNEL (75 g ~ ¾ cup)

GARLIC SCAPES/SHOOTS (33 g ~ 6 tbsp)

GINGER ROOT (5 g ~ 1 tsp)

GREEN BEANS (75 g ~ 15 beans)

HEARTS OF PALM

HERBS, all types

LEEK, green leaves only

LETTUCE: Arugula, Butter (65 g ~ 1 3/4 cup), Iceberg, Radicchio (75 g ~ 2 cups), Romaine (75 g ~ 2 cups)

OKRA (70 g ~ 7 pieces)

PARSNIP

PEAS: Green frozen or canned (53 g ~ 1/3 cup), Snow (75 g ~ 3/4 cup), Sugar Snap (75 g ~ 3/4 cup)

POTATO

RADISH

RUTABAGA (75 g ~ 1 cup)

SCALLION, green tops only (75 g ~ 3/4 cup)

SPAGHETTI SQUASH (75 g ~ 1/2 cup)

SPINACH

SWEET POTATO (75 g ~ 1/2 cup)

SWISS CHARD

TOMATO: Cherry (45 g ~ 5 units), Common (65 g ~ 1/2 unit), Roma (48 g ~ 1/2 unit)

TURNIP (75 g ~ 1/2 cup)

WATER CHESTNUTS (75 g ~ 1/3 cup)

ZUCCHINI (65 g ~ 1/3 cup)



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DAIRY PRODUCTS and ALTERNATIVES

BEVERAGES: Almond (n/a); Hemp (250 mL ~ 1 cup); Macadamia (n/a); Oats (104 mL ~ 6 tbsp); Quinoa (250 mL ~ 1 cup); Rice (225 mL ~ 3/4 cup)

CHEESES

(40 g ~ 1.4 oz) for Cottage, Cream cheese plain, Goat, Gorgonzola, Haloumi, Havarti, Mozzarella, Quark, Ricotta;
(n/a) for Brie, Camembert, Cheddar, Comté, Emmental, Feta, Gruyère, Manchego, Monterey Jack, Parmigiano, Pecorino, Swiss.

COCONUT: Milk (60 mL ~ 1/4 cup), Yogurt (150 g ~ 1/2 cup)

LACTOSE- FREE: Ice cream, Kefir, Milk, Yogurt

LEGUMES & SOY PRODUCTS

LEGUMES: Chickpeas, canned, well rinsed (80 g ~ 5 tbsp); Lentils, canned, well rinsed (64 g ~ 1/4 cup); Lentils, green, dry (10 g ~ 0.4 oz, yielding ~ 3 tbsp boiled), and Lentils, red, dry (17 g ~ 0.6 oz, yielding ~ 1/3 cup boiled)

SOY PRODUCTS: Edamame, shelled (75 g ~ 1/2 cup); Firm tofu (170 g); Tempeh (170 g)

MEAT, FISH, EGGS

EGGS

FISH AND SHELLFISH, all types, unprocessed

MEAT AND POULTRY, all types, unprocessed

BREADS, CEREALS, PASTA, RICE

BREAKFAST CEREALS (dry amounts): Corn flakes (15 g ~ ½ cup), Large flake oats (52 g ~ ½ cup), Puffed amaranth (17 g ~ 1/3 cup), Puffed rice (15 g ~ ½ cup), Quick oats (23 g ~ ¼ cup), Quinoa flakes (45 g ~ 1/2 cup), Rice krispies (40 g ~ 1 1/2 cup)

CEREALS, PASTA, BREAD AND CRACKERS made **from the following grains:** corn, millet, quinoa, rice (including wild rice), buckwheat, sorghum, tapioca, teff

OTHER BREADS: Gluten-Free (46 g ~ 1 slice), White wheat (24 g ~ 1 slice), 100% Sourdough wheat (110 g ~ 2 slices), 100% Sourdough spelt (52 g ~ 2 slices)

FLOURS (100 g dry amount ~ ⅔ cup) for all of the following: Buckwheat, Corn, Millet, Quinoa, Rice, Sorghum, Tapioca, Teff, and Gluten-free mix made from the previously mentioned flours

GRAINS:

(90 g dry amount ~ 1/2 cup) for Red rice and Red quinoa;

(n/a) for Arborio rice, Basmati rice, Brown rice, Sticky rice, White rice, Gluten-free pasta made from corn and rice, Millet, Polenta, Black Quinoa, White Quinoa.

RICE CAKES (28 g ~ 1 oz)

NUTS & SEEDS

NUTS:

(30 g) for: Brazil (~ 10 nuts), Macadamia (~ 15 nuts), Pecan (~ 15 halves), Walnut (~ 15 halves);
Peanuts (28 g ~ 32 nuts); Hazelnuts (24 g ~ 24 nuts); Almonds (22 g ~ 18 nuts); Pine nuts (8 g ~ 2 tsp);

SEEDS:

(30 g) for: Hemp (~ 3 tbsp), Pumpkin (~ 3 tbsp), Sesame (~ 3 tbsp), Chia (~ 2 tbsp);
(15 g) for: Flax (~ 1 tbsp), Sunflower (~ 1 tbsp);

SPREADS:

(30 g) for: Peanut (~ 2 tbsp), Tahini / toasted sesame (~ 2 tbsp);
Almond (20 g ~ 2 tbsp)



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BEVERAGES

BEER (375 ml)

COCONUT WATER (100 ml ~ 1/2 cup)

COFFEE, regular or decaf

HERBAL TEA (1 cup)

EXCLUDING: *Chamomile, Dandelion, and Fennel*

TEA (1 cup)

EXCLUDING: *strong Chai, Oolong*

WATER

WINE (150 ml = 5 fl.oz.)

EXCLUDING: *Sweet wines*

FATS & OILS

BUTTER

OILS, all types

SHORTENING

CONDIMENTS, SEASONINGS & SPICES

KETCHUP (13 g ~ 1 small packet)

MARGARINE

MAYONNAISE

MUSTARD (23 g ~ 1 tbsp)

OLIVES

SAUCES (~ 3 tbsp): Barbecue (46 g), Fish (44 g), Soy (42 g), Worcestershire (42 g)

SPICES (with no garlic, no onion)

TOMATO PASTE (100 % tomato) (28 g ~ 1 1/2 tbsp)

VINEGAR (40 mL ~ 3 tbsp), BALSAMIC (21 mL ~ 1 tbsp)

CONFECTIONARY & SUGARS

CHOCOLATE: Dark (30 g ~ 1 oz), Milk (20 g ~ 0.7 oz), White (25 g ~ 0.9 oz)

MAPLE SYRUP (50 mL ~ 3 tbsp)

SUGAR, brown (40 g ~ 1/4 cup), white (50 g ~ 1/4 cup)

STEVIA (5 g ~ 2 tsp)

OTHER

Psyllium