

## Partial list of FOODS THAT ARE ALLOWED

(Low in FODMAP up to the quantities shown, referring to the edible part. Where no quantity is specified, the food is Low in FODMAP for usual serve size)

Source: Monash University Mobile App. Updated: 2022-04-01

FRUITS (1 whole fruit unless specified otherwise)
BANANA, not too ripe (100 g ~ 1 medium)
BERRIES: blueberries (40 g ~ 1/4 cup), strawberries (65 g ~ 5), raspberries (60 g ~ 1/2 cup)
CANTALOUPE (120 g ~ 3/4 cup)
CITRUS FRUITS : lemon, clementines (2), lime, mandarin, orange, tangerine, grapefruit (80 g ~ 1/2 fruit)
COCONUT (64 g ~ 2/3 cup)
DRAGON FRUIT (330 g ~ 1 medium)
GRAPES (28 g ~ 6)
GUAVA, ripe (180 g ~ 2 medium)
HONEYDEW MELON (90 g ~ 1/2 cup)
KIWIFRUIT(2 units)
LYCHEES (3 units)
PAPAYA (140 g ~ 1 cup)
PASSIONFRUIT (2 units)
PINEAPPLE (140 g ~ 1 cup)
RHUBARB (150 g ~ 1 cup)

SWEETENERS
BROWN RICE SYRUP (1 tbsp)
BROWN SUGAR (1/4 cup)
CHOCOLATE, DARK (30 g), MILK (20 g)
MAPLE SYRUP (2 tbsp)
SUGAR (1/4 cup)

VEGETABLES and HERBS (unlimited, unless specified otherwise)
BAMBOO SHOOTS (75 g ~ 1/2 cup)
BEAN SPROUTS
BELL PEPPER: GREEN (75 g), RED (43 g)
BOK CHOY (75 g ~ 1 cup)
BROCCOLI (75 g ~ 3/4 cup)
BRUSSELS SPROUTS (50 g)
BUTTERNUT SQUASH (1/3 cup ~ 45 g)
CABBAGE: CHINESE (75 g ~ 1 cup), GREEN (75 g ~ 3/4 cup), RED (75 g ~ 3/4 cup), SAVOY (40 g ~ 1/2 cup)
CARROTS
CELERIAC (75 g)
CELERY (10 g ~ 4,5 cm)
CORN (1/2 ear)
CUCUMBER
EGGPLANT (75 g ~ 1 cup)
FENNEL (45 g ~ 1/2 cup)
GINGER ROOT
GREEN BEANS (15 units)
HEARTS OF PALM
HERBS (all)
KALE
LETTUCES (all)
OKRA (75 g ~ 7,5 units)
PARSNIPS
POTATOES
RADISHES
RUTABAGA (75 g ~ 1 cup)
SPAGHETTI SQUASH (75 g ~ 1/2 cup)
SPINACH
SWEET POTATO (75 g ~ 1/2 cup)
SWISS CHARD (75 g ~ 1 cup)
TOMATO: COMMON (119 g), ROMA (75 g), CHERRY (75 g)
TURNIP (75 g ~ 1/2)
WATER CHESTNUTS (75 g ~ 1/2 cup, sliced)
ZUCCHINI (65 g ~ 1/3 cup)

SEASONINGS, SPICES and FATS
BUTTER
KETCHUP (8 mL ~ 1 small packet)
MARGARINE
MAYONNAISE
MUSTARD
OILS
OLIVES
SHORTENING
SOY SAUCE (42 g ~ 2 tbsp)
SPICES
TOMATO PASTE (100% tomato) (28 g ~ 2 tbsp)
VINEGAR (40 mL ~ 3 tbsp), BALSAMIC (21 mL ~ 1 tbsp)

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

PROTEIN SOURCES
CANNED LENTILS (46 g ~ 1/2 cup and, CANNED CHICKPEAS (42 g ~ 1/4 cup), well rinsed
EDAMAME frozen, without the pod (90 g ~ 1/2 cup)
EGGS
FISH AND SHELLFISH (all, unprocessed)
MEAT AND POULTRY (all, unprocessed)
NUTS AND SEEDS (2 tbsp unless specified otherwise): almonds (10), peanuts (32), chia seeds, pumpkin seeds, flax seeds (1 tbsp), sesame seeds (1 tbsp), sunflower seeds (6 g ~ 2 tsp), hemp seeds, hazelnuts (10), walnuts (10), macadamia nuts (20), pine nuts (1 tbsp), Brazil nuts (10), pecans (10), peanut butter, tahini, almond butter (1 tbsp)
SEITAN/TEMPEH/FIRM TOFU

BEVERAGES
BEER (375 ml)
COCONUT WATER (100 ml)
COFFEE regular (with moderation), decaf (at leisure)
HERBAL TEA (except chamomile, dandelion, fennel)
TEA (1 cup) EXCEPT Chai, Oolong and strong Black
WATER
WINE (150 ml) EXCEPT sweet wines

GRAIN PRODUCTS
CEREALS, PASTA, BREAD AND CRACKERS MADE FROM THE FOLLOWING GRAINS: corn, millet, quinoa, rice (including wild rice), buckwheat, sorghum, tapioca, teff
WHITE WHEAT BREAD (24 g); 100% SOURDOUGH WHEAT BREAD or 100% SOURDOUGH SPELT BREAD (52 g), SOURDOUGH OAT BREAD (26 g), RICE CAKE (28 g)
BREAKFAST CEREALS (dry amounts): Quick Oats: (23 g ~ ¼ cup), Large Flake Oats: (52 g ~ ½ cup), Quinoa Flakes: (50 g ~ 1 cup), Corn Flakes (15 g ~ ½ cup), Puffed rice (15 g ~ ½ cup), Puffed amaranth (10 g ~ ¼ cup)
GRAINS (dry quantities): Basmati rice, brown rice, white rice, red rice, and sticky rice (50 g); Millet (86 g); quinoa (51g); Gluten-free pasta (58g); Polenta (64g).
FLOURS (100 g dry ~ ¾ cup) buckwheat, corn, quinoa, millet, rice, sorghum, tapioca, teff, gluten-free mix made from the above-mentioned flours