



Smart Meal Plans for Irritable Bowel Syndrome

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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 the usual serve size

Updated: 2023-03-04. Source: Monash University Mobile App.

FRUITS (1 whole fruit unless specified otherwise)
BANANA, not too ripe (100 g ~ 1 medium)
BERRIES: blueberries (125 g ~ 1 cup), strawberries (65 g ~ 5), raspberries (60 g ~ ½ cup)
CANTALOUPE (120 g ~ ¾ cup)
CITRUS FRUITS : lemon, clementines (2), lime, mandarin, orange, tangerine, grapefruit (80 g ~ ⅓ 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 ~ ½ 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)

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 ~ ¾ cup), RED (75 g ~ ¾ cup), SAVOY (40 g ~ ½ cup)
CARROTS
CELERIAC (75 g)
CELERY (10 g ~ 4,5 cm)
CORN (1/2 ear)
CUCUMBER
EGGPLANT (75 g ~ 1 cup)
FENNEL (45 g ~ ½ cup)
GINGER ROOT
GREEN BEANS (75 g ~ 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 ~ ½ 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

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): arborio rice (50 g), basmati rice (50 g), brown rice (50 g), white rice (50 g), red rice (50 g), sticky rice (50 g); millet (86 g); Quinoa (50 g); Gluten-free pasta (58 g); Polenta (64 g).
FLOURS: 100 g dry ~ ⅔ cup for all following types: buckwheat, corn, quinoa, millet, rice, sorghum, tapioca, teff, gluten-free mix made from the above-mentioned flours

PROTEIN SOURCES
CANNED LENTILS (46 g ~ 1/4 cup) and CANNED CHICKPEAS (42 g ~ 1/4 cup), well rinsed. DRY LENTILS, red (23 g) and green (29 g), yielding ~ 1/4 cup boiled
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 for: chia seeds, pumpkin seeds, hemp seeds, peanut butter, tahini (toasted sesame butter) 1 tbsp for: flax seeds, sesame seeds, pine nuts almond butter Other quantities for: almonds (10 units), peanuts (32 units), sunflower seeds (6 g ~ 2 tsp), hazelnuts (10 units), walnuts (10 units), macadamia nuts (20 units), Brazil nuts (10 units), pecans (10 units)
SEITAN/TEMPEH/FIRM TOFU

SWEETENERS
BROWN RICE SYRUP (1 tbsp)
BROWN SUGAR (40 g ~ 1/4 cup)
CHOCOLATE, DARK (30 g), MILK (20 g)
MAPLE SYRUP (2 tbsp)
SUGAR (50 g ~ 1/4 cup)