

Low-FODMAP Food Plan – Metric

Proteins

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred. Canned meats are allowed if cans are BPA-free and if the meat is free of high-FODMAP fillers.

Animal Protein:

Cheese (hard): cheddar, colby, feta, havarti, manchego, Pecorino, Swiss–14 g
Cheese (soft): brie, Camambert, chevre, goat cheese, mozzarella–28 g
Cottage cheese (dry curd)–¼ c
Cream cheese#–2 T
Parmesan cheese–2 T
Ricotta cheese#–2 T
Egg–1, or 2 egg whites
Fish/Shellfish: Anchovies, clams, cod, flounder, halibut, salmon, sardines, trout, tuna, etc.–28 g
Meat: beef, buffalo, elk, lamb, pork, venison, other wild game–28 g

Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–28 g

Plant Protein:

Spirulina–2 T
Tempeh–28 g
Tofu (firm/extra firm)–42-56 g

Protein Powder:

Check label for # grams per scoop (1 protein serving=7 g)
Bovine collagen, egg, hemp, whey protein isolate

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs
Average cooked meat serving is 85-113 g (size of deck of cards)

Legumes#

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

Black beans (canned only)–45 g
Green peas (cooked)–20 g
Chickpeas (canned only)–50 g

Hummus–1 T
Mung beans (cooked)–45 g

1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

Dairy & Alternatives

Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

Dairy:

Milk (plain): Lactose-free cow, goat–227 g
Yogurt (plain): Lactose-free cow, goat–113-170 g

Dairy Alternatives:

Milk: Almond, hemp–227 g
Milk: Coconut#–113 g
Milk: Rice#–170 g
Yogurt (plain): coconut–113-170 g

1 dairy serving = 90-150 calories, 7-8 g protein, 12 g carbs / 1 dairy alternative serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

Eliminate:

Buttermilk, evaporated milk, goat milk, heavy cream, kefir, oat milk, sour cream, soy milk, sweetened condensed milk, yogurt (except those listed), and any other lactose-containing dairy products. Check milk substitutes for high-FODMAP sweeteners and additives. Unsweetened homemade dairy alternatives are preferred.

Nuts & Seeds

Proteins/Fats

Servings/day _____

Unsweetened, unsalted, organic preferred

Almonds#–6
Brazil nuts–2
Chia seeds–1 T
Chestnuts–5
Coconut (fresh)#–113 g
Coconut (dried, shredded)#–3 T
Flax seeds–½ T
Hazelnuts#–5
Macadamias–2-3
Nut and seed butters: Almond#, tahini# (sesame seed)–½ T

Nut flour/meal: Almond#–70 g
Peanuts–10
Pecan halves–4
Pine nuts–1 T
Pumpkin seeds–1 T
Sesame seeds#–1 T
Sunflower seeds#–½ T
Walnut halves–4

1 serving = 45 calories, 4 g fat

Eliminate:

Cashews and pistachios

Fats & Oils

Fats

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO preferred

Avocado#–2 T or ½ whole
Butter/ghee (clarified butter, grass-fed)–1 t
Coconut milk, regular (canned)–1½ T
Coconut milk, light (canned)–3 T
Mayonnaise (unsweetened)–1 t
Oils, cooking: Avocado, coconut, ghee, olive (extra virgin), rice bran, sesame–1 t

Oils, salad: Almond, avocado, flaxseed oil, hempseed, olive (extra virgin), safflower (high-oleic), sesame, sunflower (high-oleic), walnut–1 t
Olives: Black, green, kalamata–8
Pesto# (olive oil)–1 t

1 serving = 45 calories, 5 g fat

Eliminate:

Chocolate, soybean oil, and any salad dressings or sauces made with sweeteners or other high-FODMAP additives.

***Items marked with # indicate moderate- and high-FODMAP foods that may be tolerated in reduced serving sizes, as specified. Limit these foods to a maximum 1 serving from each food category daily.**

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.

The Low FODMAP Diet was developed by researchers at Monash University. This food plan should be followed under the supervision of a qualified healthcare professional.

Vegetables Non-starchy Carbs

Servings/day _____

Organic, non-GMO preferred

Artichoke hearts# (canned)–241 g	Ginger root–1 t
Arugula	Horseradish
Asparagus#–1 spear	Kohlrabi
Bamboo shoots	Lettuce, all
Beets# (cubed)–40 g	Microgreens
Bok choy	Parsley
Broccoli#–45 g	Parsnips
Cabbage: Green, purple, Savoy#	Peppers, all
Carrots	Pumpkin# (canned only)–55 g
Celeriac root	Radicchio
Celery#–¼ med stalk	Radishes
Chard/Swiss chard	Scallions (green part only)–2 T
Chervil	Sea vegetables
Chives	Snow peas#–5 pods
Cilantro	Spinach
Cucumbers	Sprouts: Alfalfa, bean
Daikon radishes	Squash: Delicata, chayote, spaghetti, yellow, zucchini
Eggplant	Tomato
Endive	Tomato juice–177 ml
Escarole	Tomato paste, sauce (unsweetened)
Fennel	Turnips
Fermented vegetables:	Vegetable juice–177 ml
Kimchi#, sauerkraut#, etc.–1 T	Water chestnuts
Green beans	Watercress
Greens: Beet, collard, kale, mustard, turnip, etc.	

1 serving = 43 g, 130 g raw greens = 25 calories, 5 g carbs

Eliminate:

Bitter melon, Brussels sprouts, cauliflower, dandelion greens, garlic, jicama, leeks, mushrooms, okra, onion, shallots, sugar snap peas, sunchoke (Jerusalem artichokes), and sweet corn.

Vegetables Starchy Carbs

Servings/day _____

Organic, non-GMO preferred

Acorn squash (cubed)–125 g	Potatoes (mashed)–100 g
Butternut squash# (cubed)–30 g	Root vegetables: Parsnip, rutabaga, taro, turnip–75 g
Plantain–39 g or ½ whole	Yam–½ med
Potato: Purple, red, sweet, yellow–½ med	

1 serving = 80 calories, 15 g carbs

Fruits Carbs

Servings/day _____

Organic, non-GMO preferred; unsweetened, no sugar added

Banana–½ med	Guava–1 med
Blueberries–75 g	Kiwi–1 med
Cranberries–75 g	Melon, all–160 g
Dried fruit: Cranberries#, currants#, Gogi berries#, papaya#, pineapple#, raisins#–1 T	Orange–1 sm
Grapefruit#–115 g	Papaya–230 g
Grapes–15	Passionfruit–1 med
	Pineapple–170 g
	Pomegranate seeds#–37 g
	Raspberries–125 g

Fruits (continued) Carbs

Rhubarb–50 g	Strawberries–250 g
Starfruit–1 med	Tangerines–2 sm

1 serving = 60 calories, 15 g carbs

Eliminate:

Apples, applesauce, apricots, blackberries, boysenberries, cherries, dates, figs, lychee, mango, nectarines, peaches, pears, persimmon, plums, prunes, watermelon, and all canned fruit.

Whole Grains (100%) Carbs

Servings/day _____

Unsweetened, organic preferred

Gluten-Free:

Amaranth#–30 g	Rice: Basmati, black, brown, purple, red, white, wild–62 g
Buckwheat–65 g	Sorghum–15 g
Cereal: Corn#, quinoa#–65 g	Teff–91 g
Cous cous: Corn#, rice#–46 g	
Flours: Buckwheat, corn, cornstarch, millet, quinoa, rice, teff, potato, tapioca	
Grits: corn (polenta)–160 g	
Millet–100 g	
Oats: quick (rolled)#–30 g	
Oats: steel-cut–65g	
Quinoa–65 g	
Popcorn–8 g	

Gluten Containing:

Bulgur#–55 g
Spelt#–29 g

Individual Portions:

Bread–1 slice
Pasta–65 g
Tortilla–1, 6 in

All grain servings are for cooked amounts. 1 serving = 75-110 calories, 15 g carbs.

Eliminate:

Eliminate any breads, cereals, crackers, pastas, etc., made from wheat, rye, and barley. This includes cous cous (wheat), flour tortillas, freekeh, granola mixes, naan, Roti, sprouted bread.

Beverages, Spices & Condiments

Unsweetened, no sugar added

Filtered water	Spices, all
Sparkling/mineral water	Condiments: Fish sauce, ketchup (unsweetened), lemon/ lime juice, miso paste, mustard, vinegar (apple cider, balsamic#, rice wine), Worcestershire sauce–use sparingly, suggest 1 T or less per serving
Coconut water#–113 g	
Coffee	
Fruit juice: Orange#, cranberry#–113 g	
Tea: Black, chai green, peppermint, white	
Tea (diluted): Chamomile#, herbal#, oolong#	
Cacao powder	
Herbs: basil, cilantro, curry leaves, kafir lime, lemongrass, mint, parsley, rosemary, sage, tarragon, thyme, watercress	

Approved sweeteners: Maple syrup, molasses, Stevia—use sparingly, suggest 1 t.

Eliminate:

Artificial sweeteners, dandelion tea, fruit juice (except those listed), garlic salt, honey, and onion salt.

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