

the ultimate
PLANT-BASED FODMAP
 FOOD LIST

**HIGH-FODMAP FOODS
 (AVOID)**

**MODERATE FODMAP FOODS
 (LIMIT)**

**LOW FODMAP FOODS
 (ENJOY)**

PROTEIN-RICH FOODS

Soy-based mock chicken, plant-based mince, most dried legumes (broad beans, beans, lentils, peas), sprouted chickpeas

Soybeans (cooked), textured soy protein (TVP)

Silky tofu

Limit to ¼- ½ cup:

Canned red kidney beans, cooked red lentils, cooked green lentils, canned chickpeas

Vital Wheat Gluten Flour (65 g/2 plain seitan sausages)

Egg substitute

Edamame (frozen soybeans), sprouted mung beans, fermented black beans (Douchi), canned green lentils (½ cup), haricots verts

Agar-agar (1 stick), plain tempeh, firm tofu (170 g), plant-based ground meat (mycoprotein)

MILK SUBSTITUTES

Oat milk, coconut milk with inulin, soy milk from whole soybeans

Soy yogurt

Limit to 1 cup:

Coconut milk, long lasting (UHT), unsweetened

Almond milk, powdered and canned coconut milk, macadamia milk, plain quinoa milk, rice milk, soy milk (made from soy protein)

Canned coconut cream

Vegan cream cheese (coconut oil-based, soy-based), vegan cheese

Coconut yogurt

Note: homemade drinks are the best choice, as store brands are often problematic due to the addition of gum for texture.

HIGH-FODMAP FOODS (AVOID)

MODERATE FODMAP FOODS (LIMIT)

LOW FODMAP FOODS (ENJOY)

VEGETABLES & ROOT VEGETABLES

Artichokes (any variety), asparagus, beets (fresh), broccolini (head), broccoli (tale), bell pepper (yellow and red), Brussels sprouts, cabbage (Savoy), cauliflower, celery, chili peppers (dried), corn (sweet), fennel (bulb), garlic (bulb and flower), Jerusalem artichoke, kimchi, kombu, leek (white part), lotus (root, dried), mushrooms (fresh), peas (thawed and canned), pumpkin (sweet), sauerkraut, spring onion (bulb), shallots, snow peas, squash (acorn, butternut, delicata), tomatoes (fresh, any variety), yucca (root)

Beets (32 g/2 slices), bell pepper (green, ¼ medium or ½ cup), brussel sprouts (60 g/3), leek (white part only), sweet potato (75 g/½ cup), tomatoes (sun-dried, 4 halves), tomatoes on the vine (75 g), wakame seaweed flakes (2 teaspoons/10g)
Zucchini (½ cup chopped)

< 75g

Alfalfa, arugula, bamboo (shoots, fresh and canned), beets (canned or pickled), bell pepper (green), bok choy, broccolini (tail), broccoli (head), cabbage (white, red, Chinese), callalou (canned), carrots, cassava, celeriac, chayote, chives, chicory, chili peppers (fresh), cho cho, kale, choy sum, collard greens, corn (canned kernels, cream, mini), cucumber, endive, eggplant, fennel (leaves), galangal, ginger, green onions (green tail only), jalapeño (pickled), jicama, kohlrabi, lettuces, leek (green part), lotus (frozen roots), mushrooms (canned, dry Asian black and oyster mushrooms), okra, olives, onions (pickled), palm hearts (canned), parsnips, pickles (canned), spinach, squash (canned, Japanese/kabocha, pattypan/scallop, cooked spaghetti, straight-necked), potatoes (unpeeled), radicchio, radish (red and white), rutabaga, seaweed (dulse flakes, nori), swiss chard, taro, tomatoes (canned and juiced), tomatillos, turmeric (fresh), turnip, water chestnuts, yam

FRESH & DRIED FRUITS

Apple, apricot (fresh and dried), avocado, banana (ripe), blackberry, cherries, currant, custard apple, dates, feijoa, figs (fresh and dried), goji berries, grapefruit, grapes, guava (green, canned), jackfruit (yellow, canned), honeydew melon, lychee, longan, mango (fresh and dried), nectarine, papaya, peach, pear, persimmon, plum, pomegranate, prune, rambutan, tamarillo, watermelon

Fruit jams, fruit juices, dried fruit, canned fruit and large portions of fruit

Dried bananas, dates (30g/2 tablespoons)

Boysenberry (24g/10)

Strawberries, raspberries (75g/½ cup sliced/6 medium)

Cantaloupe (150 g)

Coconut: fresh (96 g), grated and dried (30 g)

Fruit jams (40 g)

Ackee (canned), breadfruit, banana (firm, mini, plantain and green), blueberries/bilberries, carambola, clementine, durian, dragon fruit, guava (fresh, ripe), jackfruit, honeydew melon, kiwi (yellow and green), kumquats, lemon, lime, oranges, papayas, passion fruit, pineapple (fresh, canned), prickly pear, rhubarb, tamarind, tangerine

Note: Limit fruit consumption to 1 fruit per meal. Make sure to eat ripe fruit.

HIGH-FODMAP FOODS (AVOID)

MODERATE FODMAP FOODS (LIMIT)

LOW FODMAP FOODS (ENJOY)

NUTS AND SEEDS

Soybeans (cooked), cashews and pistachios (unactivated or activated)

Hazelnuts (30 g/10 nuts)
Pecans (20 g/10 nuts)

Limit yourself to 2 tablespoons:

Almonds, chia seeds, flax seeds, hazelnuts, macadamia nuts, pecans, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, etc.

Natural nut and seed butters made from the nuts and seeds named above.

Note: Raw nuts and seeds may not be tolerated by some individuals.

Limit yourself to 2 tablespoons:

Peanuts (32 nuts), chestnuts (20 boiled nuts; 10 roasted nuts)

Chia seeds, flax seeds, hemp seeds, poppy seeds, pumpkin seeds, sesame seeds, sunflower seeds

Walnuts (10 nuts) macadamia (20 nuts), Brazil nuts (10 nuts), pine nuts (1 tbsp)

BREADS, GRAINS & CEREALS

Amaranth (puffed seeds), bourghal, couscous, spelt, farro, freekeh, kamut, barley, corn, rye (sprouted seeds), triticale, wheat (germ, sprouted seeds, bran).

Flour: emmer, almond, amaranth, barley, chickpea, chestnut, coconut, khorosan/kamut, lupine, rye, soy, spelt, wheat.

Bread, cookies, cold cereals, muesli, pasta and snacks containing gluten.

Note: Many can be cross-contaminated with gluten. These foods can also be like milk, honey, fruits and juices etc.

Buckwheat (seeds, 54 g)

Cornflakes (30 g/2 tbsp)

Quick oats (47 g)

Vital Wheat Gluten Flour (65g)

Millet (pearl, cooked, 174 g)

Phyllo dough (40g)

Amaranth, oats (flakes/oatmeal, bran), gluten-free couscous, canned hominy, corn (taco shell, gluten-free flakes, semolina), millet (shelled), (certified gluten-free), polenta, quinoa (whole, flakes), rice (any variety, whole, flakes), sago (cooked), buckwheat (flakes), teff

Flour/starch: arrowroot, green banana, spelled (sifted), yam, corn, millet, potato, quinoa, rice, gluten-free, buckwheat, sorghum, tapioca, teff

Noodles and pasta: seaweed, chickpeas, quinoa, rice, soba/buckwheat, vermicelli

Bread: corn, gluten-free, panko, tortilla

Note: read labels carefully and look for gluten-free certification on grain products.

Some people may not tolerate these gluten-free grains even though they are low in FODMAPs.

HIGH-FODMAP FOODS (AVOID)

MODERATE FODMAP FOODS (LIMIT)

LOW FODMAP FOODS (ENJOY)

OILS, VINEGARS, SPICES AND CONDIMENTS

Soy oil
Garlic powder, currywurst (spice mix)
Pickled vegetables (gherkins)
Hummus
Cantonese-style BBQ marinade
Tomato purée, passata
Asian BBQ sauce
Wasabi paste

Pear and apple chutney (incl. garlic and onion) (25 g)
Quince paste (27 g/2 tablespoons)
Miso paste (75 g)
Tomato paste (81 g)
Balsamic vinegar (42 g)

Oils: avocado, coconut, rapeseed, peanut, garlic-infused, flaxseed, olive, sesame, rice bran, sunflower, vegetable, vegan

Miso paste

All gluten-free spices and fresh herbs

Chutney: mango (incl. garlic and onion), tomato (incl. garlic and onion)

Sauces: mint, sweet and sour, barbecue, coconut aminos, black beans (incl. garlic or not), Hoi sin, vegan oyster, vegan fish, Asian black pepper, salsa (mild), soy, sriracha, tomato (plain), Worcestershire

Mustard, horseradish

Spreads: tahini

Vinegars: rice alcohol, apple cider, rice, malt, wine (white and red), mirin

SWEETENERS & MISCELLANEOUS

Fruit leathers
Malt extract
Golden syrup, honey
Syrup: agave, fructose, high-fructose corn, molasses, sorghum
Sugar alcohols (polyols): sorbitol, mannitol, xylitol, maltitol, isomalt and erythritol
Kombucha
Black and oolong tea
Chamomile and fennel herbal teas
Certain long-infusion herbal teas (chrysanthemum, fennel, dandelion)

Black tea and certain short-infusion herbal teas (herbal, chrysanthemum)

Agar-agar
Dark chocolate
Rose and orange blossom water
Vanilla extract
Herbal jellies, instant
Rice syrup, maple syrup
Stevia
White, coconut, wholemeal, icing, palm, brown, Demerara sugar
White, epazote, licorice and green teas
Black tea and short-infusion herbal teas (mint, dandelion)

Note: keep sugar consumption to a minimum.

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