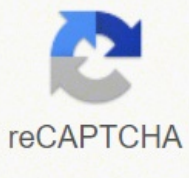




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FODMAP "FREE" FOODS

MONASH HAVE DISCOVERED THAT SOME FRUITS AND VEGETABLES ARE SO LOW IN FODMAPS THEY CAN BE EATEN 'FREELY'.

THAT IS, YOU DON'T REALLY HAVE TO WORRY ABOUT THEM.

HOWEVER, IT'S STILL NOT RECOMMENDED YOU GORGE ON THEM IN ONE SITTING BECAUSE IT CAN ALL ADD UP.

THIS IS A LIST OF FODMAP "FREE" FOODS FROM THE MONASH APP:

FRUITS

Banana (common or sugar/lady finger)
Breadfruit
Carambola/Starfruit
Clementine/Mandarin (imperial)
Durian
Grapes (black muscatel)
Grapes (ralli seedless)
Grapes (red globe)
Grapes (Thompson)
Lemon juice
Lime juice
Orange (navel)
Plantains
Prickly pear
Strawberries

VEGETABLES

Alfalfa
Arugula/Rocket
Beansprouts
Bell Peppers/Capsicum (red)
Celeriac
Chard/Silverbeet
Kale
Lettuce (iceberg)
Lettuce (red coral)
Lettuce (butter)
Olives (black or green)
Potato (regular)
Radish
Rhubarb
Seaweed (nori)
Tomato (common)

DIET/DISEASE

FODMAPs CHECKLIST

FODMAPs <0.5g/100g limits of individual groups	LACTOSE	FRUCTOSE <0.2g/100g	FRUCTANS /GOS <0.2g per serving bread <0.3/serving	POLYOLS <0.3g per serving
	Milk, evaporated milk, yogurt, ice cream, custard, ricotta, cottage cheese	FRUIT Apples, boysenberry, cherries, mango, peach, watermelon VEGETABLES Artichoke, asparagus, sugar snap peas SWEETENERS Agave, honey, high fructose corn syrup (HFCS) ALCOHOL Rum	FRUIT Apples (depends on variety), figs, grapefruit, nectarine, persimmon, white peaches, watermelon VEGETABLES Artichokes, chickpeas, garlic, lentils, red kidney beans, baked beans, beets, shiitake, soybeans and some soy milk, onion, onion & garlic salt/powder GRAINS Rye, wheat, barley (large quantity, ryein (may be labeled as: chiary root) or PCS NUTS Pistachias, cashews OTHER chamomile & fennel tea, cocoa powder, carob, instant coffee	FRUIT Apples, apricots, blackberries, nectarines, peaches, plums, prunes, watermelon VEGETABLES Cauliflower, mushrooms, pumpkin, snow peas SWEETENERS Sorbitol, mannitol, maltitol, sorbitol, xylitol (sugar-free gum, mints, cough drops, & some medications)



FODMAP FRIENDLY!

Lactose free milk, Lactose free ice cream, Lactose free cottage cheese, Lactose free yogurt and sorbet (check ingredients) CHEESE Milk, camembert, cheddar, feta, mozzarella, Parmesan, Swiss	FRUIT Banana, blueberries, cantaloupe, clementine, coconut, dragonfruit, grapes, honey dew, kiwifruit, lemons, limes, oranges, papaya, passionfruit, pineapple, raspberries, rhubarb, starfruit, strawberry, tangerine SWEETENERS Maple syrup, table sugar (sucrose) ALCOHOL Most wine & beer, vodka & gin (limit to 1 drink in general at gastric intent) -1 serving fruit per meal max -1 medium orange or banana -1 cup berries, cantaloupe, pineapple or rhubarb	VEGETABLES Asparagus, bamboo shoot, bok choy, bean sprouts, bell pepper, lettuce, carrot, celeriac, chives, common cabbage, cucumber, fennel bulb, green beans, eggplant, endive, kale, tomatoes, portulaca, radish, potato, radish, rutabaga, spinach, Swiss chard, summer squash, turnip, oil infused with garlic or onion, water chestnuts, scallop (green part only), zucchini BREADS/GRAINS Gluten free bread (check ingredients), corn/teal/quinua pasta, rice cakes, potato & tortilla chips, rice, quinoa, oats NUTS/SEEDS (10-15 max or 1-2 TB) Almonds, macadamia, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, 2 TB chia seeds, 1 TB flax FIRM TOFU, TEMPEH MODERATE FRUCTANS/GOS Beet root <4 slices, broccoli <1/2 cup, Brussels sprouts <1/2 cup, butternut squash <1/4 cup, green peas <1/3 cup, pomegranate <1/2 small, savory cabbage <1 cup, snow peas <10 pods, sweet corn <1/2 cob OTHER Espresso, tea: black, white, green, & peppermint	FRUIT Banana, blueberries, cantaloupe, clementine, coconut, dragonfruit, grapes, honeydew, kiwifruit, lemons, limes, oranges, passionfruit, papaya, pineapple, raspberries, rhubarb, starfruit, strawberry, tangerine SWEETENERS Table sugar, glucose, maple syrup & aspartame MODERATE POLYOLS Avocado <1/4, celery <1/4 stalk, cherries <3, lychee <3, sweet potato <1/2 cup
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Compiled by Kate Scorsato, RD@katescorsato.com
References: Low FODMAP diet book edition 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000

LOW FODMAPs SHOPPING LIST

This is a list of foods low in FODMAPs that you can use as a shopping guide.

VEGETABLES	PROTEIN FOODS	GRAINS
Asparagus Beetroot Broccoli Cauliflower Cucumber Eggplant Garlic Green beans Kale Lentils Mushrooms Onion Pumpkin Spinach Squash Sweet potato Tofu Turnip Zucchini	Almonds Avocado Bacon Beef Chicken Eggs Fish Honey Lentils Maple syrup Nuts Peanut butter Pork Rice Seitan Tofu Turkey Yogurt	Bread Brown rice Couscous Gluten free flour Oats Quinoa Rice Tapioca Wheat
Artichoke Asparagus Cauliflower Cucumber Eggplant Garlic Green beans Kale Lentils Mushrooms Onion Pumpkin Spinach Squash Sweet potato Tofu Turnip Zucchini	Almonds Avocado Bacon Beef Chicken Eggs Fish Honey Lentils Maple syrup Nuts Peanut butter Pork Rice Seitan Tofu Turkey Yogurt	Bread Brown rice Couscous Gluten free flour Oats Quinoa Rice Tapioca Wheat
Artichoke Asparagus Cauliflower Cucumber Eggplant Garlic Green beans Kale Lentils Mushrooms Onion Pumpkin Spinach Squash Sweet potato Tofu Turnip Zucchini	Almonds Avocado Bacon Beef Chicken Eggs Fish Honey Lentils Maple syrup Nuts Peanut butter Pork Rice Seitan Tofu Turkey Yogurt	Bread Brown rice Couscous Gluten free flour Oats Quinoa Rice Tapioca Wheat

