

Low FODMAP Diet Trial

(While limiting caffeine, spicy foods, fatty fried foods and alcohol)



Low FODMAP – Choose



Almond & rice milks, lactose-free dairy, butter, hard cheese, **2 T ricotta & cottage cheese**



Oats, rice, corn, quinoa, gluten-free breads, polenta, parsnips, white potatoes, ½ c sweet potatoes



Almonds, walnuts, peanuts, pecans, pinenuts, flaxseed, pumpkin seeds, sunflower seeds, chia seeds



Broccoli, cabbage, carrots, lettuce, sprouts, **red & yellow peppers**, kale, cucumber, tomato, **canned mushrooms**



Blueberries, strawberries, citrus, pineapple, cantaloupe, ½ c **honeydew, yellow banana**



Beef, chicken, pork, fish, eggs, **firm tofu, tempeh**, ½ cup canned & **rinsed** chickpeas, edamame



Cane sugar, **maple syrup**, stevia, monk fruit



High FODMAP – Avoid



Cow & goat milk, soy milk (whole soybean), cream cheese, ½ c **ricotta & cottage cheese**



Wheat flour, soy flour, rye, barley, wheat bran, spelt, cereal, couscous, semolina, **lentil pasta**, gnocchi



Cashews, pistachios



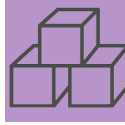
Garlic, onions, cauliflower, Brussels sprouts, avocado, green peppers, asparagus, peas, fresh mushrooms



Apples, peaches, pears, watermelon, fruit juice, plums, raisins, mango, grapes, very ripe banana



Processed meats, battered & fried meats, **silken tofu**, black beans, cannellini beans



Honey, HFCS, agave, inulin, chicory root, molasses, sugar alcohols like sorbitol, maltitol, xylitol.