

Welcome to FODShop

TUMMY FRIENDLY FOODS FOR FAST PACED FODMAPPERS!

When following a low FODMAP diet for the management of Irritable Bowel Syndrome (IBS), Inflammatory Bowel Disease (IBD) and other gastrointestinal disorders, we know how difficult it can be to find suitable low FODMAP food products.

FodShop is Australia's first online commercial Nutritionist-run online resource, providing thousands of low FODMAP approved grocery food products from hundreds of innovative local & international gut friendly brands.

Our products are either certified low FODMAP by either Monash University's Low FODMAP Certification Program or The FODMAP Friendly Food Program, or they are low FODMAP by ingredient & serving size, based on expert nutrition assessment.

FodShop's product range is safe and suitable to eat, no matter where you are at in your digestive health journey. The range also encompasses products suitable for the below medical nutrition and lifestyle criteria:



MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED™



FOOD INTOLERANCE & ALLERGY

- No garlic
- No onion
- Wheat free
- Dairy free
- Egg free
- Peanut & tree nut free
- Soy free
- Sesame free
- Crustacean free
- Additive & preservative free

LIFESTYLE NUTRITION

- Vegetarian & vegan
- Certified organic
- No added sugar
- High fibre
- High protein
- Low sodium
- Ketogenic
- Yeast free
- Plant based

MEDICAL NUTRITION

- Diverticular disease
- Chronic constipation
- Inflammatory Bowel Disease (IBD)
- Acid reflux
- Food chemical sensitivity
- Post-bowel surgery recovery
- Chewing & swallowing difficulty
- Heart health
- Diabetes management
- Obesity management

Please see the product filtering system on our website to find the range suitable for your nutrition needs:
fodshopper.com.au/collections/grocery-products

WHAT WE OFFER



Don't forget to discuss any dietary changes with your Accredited Practising Dietitian before modifying your diet. You can find a Nutrition Expert here in our Worldwide Gut Health Expert Directory:
fodshopper.com.au/pages/gut-health-experts-near-you



DRIED GOODS



NATURAL SUPPLEMENTS



SNACKS & TREATS



READY-TO-EAT



CONDIMENTS, SAUCES, COOKING STOCKS & SEASONING

...PLUS MORE

Please see our Terms & Conditions and Shipping Policy at www.fodshopper.com.au



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