

Teas To Drink On A Low FODMAP Diet

GREEN	Always good to go!
AMBER	Means this tea can be GREEN if brewed weak, and in a CUP serving size (not mug)
RED	A no-go, unless you have reintroduced without issue

All Nighter		
Ankara Apple		Avoid apple
Apple Strudel		Avoid apple
Assam House Blend		
Banana Bread Chai		
Banana Bread Sticky Chai		
Banana Matcha		
Belle's Breakfast		
Birthday Cake		
Black Forest		Avoid apple
Black Magic Matcha		Coconut charcoal has not been tested for fodmap
Blue Raspberry		
Blueberry & Peach		Avoid apple
Blueberry Pancakes		Avoid apple
Bonfire Toffee		Avoid apple
Bucks Fizz		Avoid apple
Builder's Breakfast Brew		
Butter Brew		
Butter Toffee Popcorn		
Campfires & Vampires		
Candy Floss		Avoid apple
Carrot Cake		
Cherry Bakewell		Avoid apple
Cherry Cola Bottles		Avoid apple
Chinese Treasures		
Chocolate Digestives		
Cococabana Coola		Avoid apple and pineapple
Coconut Milk Oolong		Avoid oolong
Cold Weather Warrior		
Dark Choc Chilli Chai		
Deckchair Dreaming		Avoid apple and chamomile
Deep Breaths		Avoid chamomile
Dozy Girl		Avoid chamomile
Duvet Day		
Earl Grey Creme		
Enchanted Narnia		
Eton Mess		Avoid apple
Ginger Beer		
Gingerbread Chai		
Gingerbread Chai Matcha		
Gingerbread Chai Sticky Chai		
Gingernut Matcha		
Gingernuts		
Good Calmer Turmeric		Oat flowering tops are untested in fodmap
Great British Cuppa		
Honeycomb Cookie Doh!		Oat flowering tops are untested in fodmap
Ice Cream Matcha	Carob powder is fine in small portions only	

Jasmine Poached Pears			Avoid pears
Jelly & Ice Cream			Avoid apple
Lady Lavendar			
Lemon & Ginger			Avoid apple
Lemon Matcha			
Lemon Sherbet			Avoid apple
Mascarpone & Sour Cherry			Avoid apple
Mermaid Matcha		Carob powder is fine in small portions only	
Milk Oolong Chai			Avoid oolong
Mint Choc Rooibos			
Mint Pistachio			
Mocha Chai			
MojiTEA			
Monkey Chops			
Moondrop Dreams			Avoid apple
Morning Kick			
Nearly Nirvana			
One In A Melon			Avoid apple
Pan Galactic Gargle Blaster			
Peach Cobbler			
Peach Soda			Avoid apple
Peaches & Cream Matcha			
Peppermint Cream			Avoid oolong
Peppy Mint			
Pina Colada			Avoid apple
Pina Colada Matcha			
Pink Grapefruit			
Pure Grade Matcha			
Raspberry Ripple Matcha			
Red Velvet			
Rhubarb & Custard			
Rice Pudding & Jam			Avoid apple and Oolong
Rooibos Breakfast Cuppa			
Rooibos Earl Grey			
Salted Caramel Matcha			
Sangria			Avoid apple
Smoky Russian			Avoid Oolong
Sticky Chai			
Strawberries & Cream Matcha			
Strawberry & Pomegranate			Avoid apple
Strawberry Lemonade			Avoid apple
Summer of Love			Avoid Chamomile
Super Matcha			
Tea & Toast			Avoid apple
The Digester			Avoid oolong, pu-erh, and fennel
Toffee Chai			
Treacle Sponge			
Vicky's Sponge Cake			
Violet Cream			
Wedding Cake			