

LOW FODMAP FOODS TO ENJOY

Manage your IBS symptoms by focusing your diet on these foods.



All Fody Foods products are Low FODMAP, making it easy for you to identify Low FODMAP foods like these to complete your diet.

LOW POLYOLS

VEGETABLES

1/4 Celery Stalk, 1/2 Sweet Potato, 1/4 Butternut Squash

FRUITS

1/8 Avocado, Clementine, Dragon Fruit, Grapes, Kiwi, Lemons, Limes, Oranges, Passion Fruit, Papaya, Pineapple, Strawberries, Cantaloupe, Bananas (small firm)

SWEETENERS

Table Sugar, Glucose, Maple Syrup, Aspartame, Stevia

LOW FRUCTANS / GOS

VEGETABLES

Arugula, Bok Choy, Bean Sprouts, Bell Peppers, Carrots, Chives, Collard Greens, Cabbage, Cucumber, Eggplant, Endives, Green Beans, Ginger Root, Kale, Lettuce, Parsnip, Potato, Radish, Scallions (Greens Only), Spinach, Swiss Chard, Summer Squash, Tomatoes, Turnip, Water Chestnuts

GRAINS

Gluten Free Bread, Corn/Rice/Quinoa Pasta, Rice Cakes, Potato & Tortilla Chips, Rice (Brown/White, Basmati), Quinoa, 1/2 Cup Oats, Sourdough or Spelt Bread, Polenta, Corn Tortilla

NUTS & SEEDS (limit 1 handful)

Almonds, Macadamia, Peanuts, Pecans, Pine Nuts, Walnuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Chia Seeds, 1 Tbsp Flax

NO EXCESS FRUCTOSE

FRUITS (limit 1 serving / meal)

Banana (small firm), Cantaloupe, Clementine, Coconut, Dragon Fruit, Grapes, Kiwi, Lemons, Limes, Mandarin Oranges, Papaya, Passion Fruit, Pineapple, Raspberries, Rhubarb, Starfruit, Strawberries

SWEETENERS

Pure Maple Syrup, White Sugar, Brown Sugar, Raw Sugar, Dark Chocolate

ALCOHOL (limit 1 drink)

Most Wine & Beer, Gin, Vodka, Whiskey

LOW LACTOSE

DAIRY

Almond Milk, Brie, Camembert, Cheddar, Goat Cheese, Canned Coconut Milk (full fat & light), Colby, Feta, Hemp, Rice & Lactose Free Milk, Mozzarella, Parmesan, Swiss