

# LOW FODMAP GROCERY LIST

## PROTEIN

- Eggs
- Chicken
- Steak
- Pork
- Fish
- Shellfish
- Firm tofu
- Chickpeas (canned)
- Lentils (canned)
- All-natural peanut butter
- Almond butter

## GRAINS, CEREALS & BREAD

- Gluten-free pasta
- Oats
- Polenta
- Quinoa
- Rice
- Corn Tortillas
- Slow-leavened sourdough bread
- Gluten-free bread (made with low FODMAP ingredients)

## PRODUCE FRUIT

- Avocado
- Banana (firm, unripe)
- Blueberries
- Cantaloupe
- Dragon fruit
- Grapes
- Honeydew melon
- Kiwifruit
- Lemon
- Lime
- Orange
- Papaya
- Passion fruit
- Pineapple
- Plantain
- Raspberries
- Rhubarb
- Starfruit
- Strawberries
- Tangelo

## VEGETABLES

- Arugula
- Bamboo shoots
- Bean sprouts
- Bell Peppers (red, green)
- Bok choy
- Broccoli
- Common cabbage

- Red cabbage
- Carrots
- Celeriac
- Collard Greens
- Cucumber
- Eggplant
- Endive
- Fennel bulb
- Ginger root
- Green beans
- Kale
- Leek greens
- Lettuce
- Parsnip
- Pumpkin (canned)
- Potatoes (white)
- Radish
- Rutabaga
- Scallion greens
- Seaweed
- Squash (spaghetti, patty pan, kabocha)
- Sweet potato
- Swiss chard
- Tomato
- Tomatoes, canned (without onion and garlic)
- Turnip
- Water chestnuts

## FRESH HERBS

- Basil
- Cilantro
- Lemongrass
- Mint
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme

## DAIRY

- Lactose free milk
- Lactose free cottage and cream cheese
- Lactose free sour cream
- Lactose free yogurt
- Butter
  - Hard or semi-soft cheeses such as:
- Brie
- Camembert
- Cheddar
- Feta
- Havarti
- Mozzarella
- Parmesan
- Pecorino
- Swiss

## NON-DAIRY MILK & YOGURT

- Almond milk
- Rice milk
- Hemp milk
- Canned coconut milk
- Coconut yogurt

## NUTS, SEEDS & OILS

- Olive oil
- Sesame oil
- Avocado oil
- Fody Garlic Infused Olive Oil
- Fody Shallot Infused Olive Oil
- Almonds
- Brazil nuts
- Chia seeds
- Coriander seeds
- Fennel seeds
- Flax seeds
- Hemp seeds
- Poppy seeds
- Peanuts
- Sesame seeds
- Sunflower seeds
- Macadamia nuts
- Pecans
- Walnuts

## BAKING SUPPLIES & SPICES

- Cocoa powder
- Dark chocolate chips
- Brown sugar
- Sugar
- Gluten free flour blends (such as Bob's Red Mill Gluten Free Baking Mix 1 to 1)
- Almond flour or meal
- Vanilla extract
- All spice
- Black pepper
- Cardamom
- Chinese five spice
- Cinnamon
- Cloves
- Cumin
- Nutmeg
- Paprika
- Saffron
- Star Anise
- Turmeric
- Fody Taco seasoning
- Fody Lemon & Herb seasoning
- Fody Steak seasoning

## CONDIMENTS, DRESSINGS, SAUCES & SOUPS

- Fody Tomato Basil Pasta Sauce
- Fody Marinara Pasta Sauce
- Fody Arrabbiata Pasta Sauce
- Fody Mild Salsa
- Fody Medium Salsa
- Fody Original BBQ Sauce
- Fody Teriyaki Sauce & Marinade
- Fody Sesame Ginger Sauce & Marinade
- Fody Green Enchilada Sauce
- Fody Taco Sauce
- Fody Korean BBQ Sauce & Marinade
- Fody Caesar Salad Dressing
- Fody Maple Dijon Salad Dressing
- Fody Garden Herb Salad Dressing
- Fody French Salad Dressing
- Fody Chicken Soup Base
- Fody Vegetable Soup Base
- Fody Ketchup

## SNACKS

- Plain rice cakes
- Plain tortilla chips
- Salted potato chips
- Popcorn
- Rice crackers
- Fody Dark Chocolate, Nuts & Sea Salt Snack Bars
- Fody Blueberry Almond Snack Bars
- Fody Peanut Butter, Chocolate & Quinoa Snack Bars
- Fody Almond Coconut Snack Bars



This grocery list was developed by Kate Scarlata, MPH, RDN and Fody Food Co.

**Disclaimer:** This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.