





LOW FODMAP




# Shopping List



<b>Meats</b> And Meat Alternatives 	<b>Dairy</b> And Dairy Alternatives 	<b>Grains &amp; Legumes</b> 	<b>Nuts &amp; Seeds</b> 
All plain, minimally processed meat, eggs, and seafood free of marinades & gravies ✓	Lactose-free cow's milk ✓	Gluten-free breads or pastas ✓	Almonds (in moderation) ✓
Tempeh ✓	Soy milk ✓	Rice ✓	Brazil nuts ✓
Tofu   drained and firm ✓	Lactose-free yogurt ✓	Quinoa ✓	Chestnuts ✓
Soy protein ✓	Butter ✓	Popcorn ✓	Hazelnuts (in moderation) ✓
	Brie ✓	Oats ✓	Macadamia nuts ✓
	Cheddar ✓	Small servings of black beans, lentils, and chickpeas are permissible, but limit to ½ cup ✓	Pecans ✓
	Goat's cheese ✓		Pine nuts ✓
	Cottage cheese (In moderation) ✓		Chia seeds ✓
	Monterey Jack ✓		Hemp seeds ✓
	Cream cheese (In moderation) ✓		Pumpkin seeds ✓
	Feta cheese ✓		Sesame seeds ✓
	Parmesan ✓		Walnuts ✓
	Swiss cheese ✓		
	Almond milk ✓		
	Macadamia nut milk ✓		

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<b>Others</b> 	<b>Fruits</b> 	<b>Vegetables</b> 		
<b>Fats/oils</b> ✓ Butter, duck fat, ghee, mayonnaise, olive oil, avocado oil, coconut oil, sesame oil, walnut oil, coconut cream	<b>Banana</b> ✓	<b>Arugula</b> ✓	<b>Seaweed</b> ✓	<b>Baby spinach</b> ✓
<b>Herbs and spice</b> ✓ All except for garlic or onion powder (or blends containing these)	<b>Cantaloupe (in moderation)</b> ✓	<b>Bean sprouts</b> ✓	<b>Rutabaga</b> ✓	<b>Yellow squash</b> ✓
<b>Sweeteners</b> ✓ Stevia, coconut sugar	<b>Cranberries</b> ✓	<b>Broccoli (in moderation)</b> ✓	<b>Radish</b> ✓	<b>Swiss chard</b> ✓
<b>Beverages</b> ✓ Drinking chocolate/hot cocoa, cranberry juice, espresso, instant coffee, black tea, green tea, peppermint tea	<b>Pineapple, fresh (in moderation)</b> ✓	<b>Bok choy (in moderation)</b> ✓	<b>Pumpkin (in moderation)</b> ✓	<b>Tomato (in moderation)</b> ✓
<b>Alcoholic Beverages</b> ✓ Gin, brandy, vodka, whiskey, red wine, white wine	<b>Plantain</b> ✓	<b>Cabbage (in moderation)</b> ✓	<b>Kabocha squash</b> ✓	<b>Turnip</b> ✓
	<b>Rhubarb</b> ✓	<b>Bell pepper (in moderation)</b> ✓	<b>Potato</b> ✓	<b>Water chestnut</b> ✓
	<b>Kiwi</b> ✓	<b>Carrot</b> ✓	<b>Sweet potato (in moderation)</b> ✓	
	<b>Lemon juice</b> ✓	<b>Hot peppers (in moderation)</b> ✓	<b>Parsnip</b> ✓	
	<b>Lime juice</b> ✓	<b>Collard greens</b> ✓	<b>Scallion greens</b> ✓	
	<b>Orange</b> ✓	<b>Zucchini (in moderation)</b> ✓	<b>Olives</b> ✓	
	<b>Papaya</b> ✓	<b>Cucumber</b> ✓	<b>Okra (in moderation)</b> ✓	
	<b>Passionfruit (in moderation)</b> ✓	<b>Eggplant (in moderation)</b> ✓	<b>Lettuce</b> ✓	
		<b>Heart of palm</b> ✓	<b>Leek   leaves only</b> ✓	
			<b>Kale</b> ✓	
			<b>Spaghetti squash</b> ✓	