



Low-FODMAP Food Plan

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred. Canned meats are allowed if cans are BPA-free and if the meat is free of high-FODMAP fillers.

Animal Protein:

- Cheese (hard): cheddar, colby, feta, havarti, manchego, Pecorino, Swiss— $\frac{1}{2}$ oz
- Cheese (soft): brie, Camambert, chevre, goat cheese, mozzarella—1 oz
- Cottage cheese (dry curd)— $\frac{1}{4}$ c
- Cream cheese—2 T
- Parmesan cheese—2 T
- Ricotta cheese—2 T
- Egg—1, or 2 egg whites
- Fish/shellfish: Anchovies, clams, cod, flounder, halibut, salmon, sardines, trout, tuna, etc.—1 oz
- Meat: beef, buffalo, elk, lamb, pork, venison, other wild game—1 oz
- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz

Plant Protein:

- Spirulina—2 T
- Tempeh—1 oz
- Tofu (firm/extra firm)— $1\frac{1}{2}$ -2 oz

Protein Powder:

- Check label for # grams/scoop (1 protein serving=7 g)
- Bovine collagen, egg, hemp, whey protein isolate

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs

Average protein serving is 3-4 oz (size of palm of hand).

LEGUMES

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

- Black beans (canned only)— $\frac{1}{4}$ c
- Green peas (cooked)— $\frac{1}{8}$ c
- Chickpeas (canned only)— $\frac{1}{4}$ c
- Hummus—1 T
- Mung beans (cooked)— $\frac{1}{4}$ c

1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

DAIRY & ALTERNATIVES Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

Dairy:

- Milk (plain): Lactose-free cow, goat—8 oz
- Yogurt (plain): Lactose-free cow, goat—4-6 oz

Dairy Alternatives:

- Milk: Almond, hemp—8 oz
- Milk: Coconut—4 oz
- Milk: Rice—6 oz
- Yogurt (plain): coconut—4-6 oz

1 dairy serving = 90-150 calories, 7-8 g protein, 12 g carbs

1 dairy alternative serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

Eliminate

Buttermilk, evaporated milk, goat milk, heavy cream, kefir, oat milk, sour cream, soy milk, sweetened condensed milk, yogurt (except those listed), and any other lactose-containing dairy products. Check milk substitutes for high-FODMAP sweeteners and additives. Unsweetened homemade dairy alternatives are preferred.

NUTS & SEEDS

Proteins/Fats

Servings/day _____

Unsweetened, unsalted, organic preferred

- Almonds—6
- Brazil nuts—2
- Chia seeds—1 T
- Chestnuts—5
- Coconut (fresh)— $\frac{1}{3}$ c
- Coconut (dried, shredded)—3 T
- Flax seeds— $\frac{1}{2}$ T
- Hazelnuts—5
- Macadamias—2-3
- Nut and seed butters: Almond, tahini (sesame seed)— $\frac{1}{2}$ T
- Nut flour/meal: Almond— $\frac{1}{4}$ c
- Peanuts—10
- Pecan halves—4
- Pine nuts—1 T
- Pumpkin seeds—1 T
- Sesame seeds—1 T
- Sunflower seeds— $\frac{1}{2}$ T
- Walnut halves—4

1 serving = 45 calories, 5 g fat

Eliminate

Cashews and pistachios.

FATS & OILS

Fats

Servings/day _____

Minimally refined, cold pressed, organic, non-GMO preferred

- Avocado—2 T or $\frac{1}{8}$ whole
- Butter/ghee (clarified butter, grass-fed)—1 t
- Coconut milk, regular (canned)—1 $\frac{1}{2}$ T
- Coconut milk, light (canned)—3 T
- Mayonnaise (unsweetened)—1 t
- Oils, cooking: Avocado, coconut, ghee, olive (extra virgin), rice bran, sesame—1 t
- Oils, salad: Almond, avocado, flaxseed oil, hempseed, olive (extra virgin), safflower (high-oleic), sesame, sunflower (high-oleic), walnut—1 t
- Olives: Black, green, Kalamata—8
- Pesto (olive oil)—1 t

1 serving = 45 calories, 5 g fat

Eliminate

Chocolate, soybean oil, and any salad dressings or sauces made with sweeteners or other high-FODMAP additives.

Items in orange indicate moderate- and high-FODMAP foods that may be tolerated in reduced serving sizes, as specified. Limit orange foods to a maximum 1 serving from each food category daily.

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



VEGETABLES Non-starchy

Carbs

Servings/day _____

- Artichoke hearts** (canned)— $\frac{1}{8}$ c
- Arugula
- Asparagus**—1 spear
- Bamboo shoots
- Beets** (cubed)— $\frac{1}{4}$ c
- Bok choy
- Broccoli**— $\frac{1}{4}$ c
- Cabbage: Green, purple, **Savoy**
- Carrots
- Celeriac root
- Celery**— $\frac{1}{4}$ med stalk
- Chard/Swiss chard
- Chervil
- Chives
- Cilantro
- Cucumbers
- Daikon radishes
- Eggplant
- Endive
- Escarole
- Fennel
- Fermented vegetables: **Kimchi, sauerkraut**—1 T
- Green beans
- Greens: Beet, collard, kale, mustard, turnip, etc.
- Ginger root—1 t
- Horseradish
- Kohlrabi
- Lettuce, all
- Microgreens
- Parsley
- Parsnips
- Peppers, all
- Pumpkin** (canned only)— $\frac{1}{4}$ c
- Radicchio
- Radishes
- Scallions (green part only)—2 T
- Sea vegetables
- Snow peas**—5 pods
- Spinach
- Sprouts: Alfalfa, bean
- Squash: Delicata, chayote, spaghetti, yellow, zucchini
- Tomato
- Tomato juice— $\frac{3}{4}$ c
- Tomato paste, sauce (unsweetened)
- Turnips
- Vegetable juice— $\frac{3}{4}$ c
- Water chestnuts
- Watercress

1 serving = $\frac{1}{2}$ c, 1 c raw greens = 25 calories, 5 g carbs

Eliminate

Bittermelon, Brussels sprouts, cauliflower, dandelion greens, garlic, jicama, leeks, mushrooms, okra, onion, shallots, sugar snap peas, sunchoke (Jerusalem artichokes), and sweet corn.

VEGETABLES Starchy

Carbs

Servings/day _____

- Acorn squash (cubed)—1 c
- Butternut squash** (cubed)— $\frac{1}{4}$ c
- Plantain— $\frac{1}{3}$ c or $\frac{1}{2}$ whole
- Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med
- Potatoes (mashed)— $\frac{1}{2}$ c
- Root vegetables: Parsnip, rutabaga, taro, turnip— $\frac{1}{2}$ c
- Yam— $\frac{1}{2}$ med

1 serving = 80 calories, 15 g carbs

Organic, non-GMO fruits, vegetables, herbs and spices preferred

FRUITS

Carbs

Servings/day _____

Unsweetened, no sugar added

- Banana— $\frac{1}{2}$ med
- Blueberries— $\frac{3}{4}$ c
- Cranberries— $\frac{3}{4}$ c
- Dried fruit: Cranberries, currants, Gogi berries, papaya, pineapple, raisins**—1 T
- Grapefruit**— $\frac{1}{2}$ med
- Grapes—15
- Guava—1 med
- Kiwi—1 med
- Melon, all—1 c
- Orange—1 sm
- Papaya—1 c
- Passionfruit—1 med
- Pineapple— $\frac{3}{4}$ c
- Pomegranate seeds**— $\frac{1}{4}$ c
- Raspberries—1 c
- Rhubarb—1 c
- Starfruit—1 med
- Strawberries— $\frac{1}{4}$ c
- Tangerines—2 sm

1 serving = 60 calories, 15 g carbs

Eliminate

Apples, applesauce, apricots, blackberries, boysenberries, cherries, dates, figs, lychee, mango, nectarines, peaches, pears, persimmon, plums, prunes, watermelon, and all canned fruit.

WHOLE GRAINS (100%)

Carbs

Servings/day _____

Unsweetened, organic preferred

Gluten Free:

- Amaranth**— $\frac{1}{4}$ c
- Buckwheat— $\frac{1}{2}$ c
- Cereal: Corn, quinoa**— $\frac{1}{2}$ c
- Cous cous: Corn, rice**— $\frac{1}{4}$ c
- Flours: Buckwheat, corn, cornstarch, millet, quinoa, rice, teff, potato, tapioca
- Grits: corn (polenta)— $\frac{1}{2}$ c
- Millet— $\frac{1}{2}$ c
- Oats: quick (rolled)**— $\frac{1}{4}$ c
- Oats: steel-cut— $\frac{1}{2}$ c
- Quinoa— $\frac{1}{2}$ c
- Popcorn—1 c
- Rice: Basmati, black, brown, purple, red, white, wild— $\frac{1}{3}$ c
- Sorghum— $\frac{1}{8}$ c
- Teff— $\frac{3}{4}$ c

Gluten Containing:

- Bulgur**— $\frac{1}{4}$ c
- Spelt**— $\frac{1}{4}$ c

Individual portions:

- Bread—1 slice
- Pasta— $\frac{1}{3}$ c
- Tortilla—1, 6 in

All grain servings are for cooked amounts.

1 serving = 75–110 calories, 15 g carbs

Eliminate

Eliminate any breads, cereals, crackers, pastas, etc., made from wheat, rye, and barley. This includes cous cous (wheat), flour tortillas, freekeh, granola mixes, naan, Roti, sprouted bread.

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added

- Filtered water
- Sparkling/mineral water
- Coconut water**—4 oz
- Coffee
- Fruit juice: Orange, cranberry**—4 oz
- Tea: Black, chai green, peppermint, white
- Tea (diluted): Chamomile, herbal, oolong**
- Cacao powder
- Cocoa powder
- Herbs: basil, cilantro, curry leaves, kafir lime, lemongrass, mint, parsley, rosemary, sage, tarragon, thyme, watercress
- Spices, all
- Condiments: Fish sauce, ketchup (unsweetened), lemon/lime juice, miso paste, mustard, vinegar (apple cider, **balsamic**, rice wine), Worcestershire sauce—use sparingly, suggest 1 T or less per serving

Approved sweeteners: Maple syrup, molasses, Stevia—use sparingly, suggest 1 t.

Eliminate

Artificial sweeteners, dandelion tea, fruit juice (except those listed), garlic salt, honey, and onion salt.

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