

# LOW FODMAP SHOPPING LIST

## VEGETABLES

<p>1/8 AVOCADO          ¼ C. BUTTERNUT SQUASH          ¼ STALK CELERY          ½ C. SWEET POTATO          OYSTER MUSHROOMS          ARUGULA          BAMBOO SHOOTS          BOK CHOY          BEAN SPROUTS          4 SLICES BEET ROOT          BELL PEPPER          BROCCOLI          CARROTS          CELERIAC          CHIVES          COLLARD GREENS          COMMON GREEN &amp; RED CABBAGE          RED &amp; GREEN CHILI          CUCUMBER</p>	<p>EGGPLANT          ENDIVE          FENNEL BULB &amp; STALK          GREEN BEANS          FRESH &amp; GROUND GINGER ROOT          KABOCHA          SQUASH          KALE          LETTUCE          PARSNIP          PATTY PAN SQUASH          ¼ C.CANNED PUMPKIN,          POTATO (WHITE)          RADISH          RUTABAGA</p>	<p>SCALLIONS &amp; LEEKS (GREEN PART ONLY)          SPAGHETTI SQUASH          SPINACH          SWISS CHARD          SUMMER SQUASH          NORI SEAWEED          ½ C. TARO          TOMATOES (CANNED, CHERRY, PLUM &amp; COMMON BEEFSTEAK)          TURNIP          OIL INFUSED WITH GARLIC          WATER CHESTNUTS          ZUCCHINI          WATERCRESS          GREEN &amp; BLACK OLIVES</p>
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## FRUIT

<p>BANANA (SMALL FIRM)          DRIED BANANA CHIPS          BLUEBERRIES          CANTALOUPE          DURIAN MELON          FRESH AND DRIED COCONUT          DRAGON FRUIT          GRAPES (RED &amp; GREEN)</p>	<p>RIPE GUAVA          HONEYDEW          KIWIFRUIT (GOLD &amp; GREEN)          KUMQUATS          LEMONS          LIMES          MANDARINES          ORANGE          PAPAYA          PASSION FRUIT          PINEAPPLE</p>	<p>PRICKLY PEAR          PLANTAIN          RASPBERRIES          RHUBARB          STAR FRUIT          STRAWBERRIES          TANGELOS          TAMARIND          ½ SMALL POMEGRANATE          1 TB DRIED CRANBERRIES OR RAISINS          ¼ C. DRIED COCONUT</p>
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## DAIRY

<p>BRIE          CAMEMBERT          COLBY          CHEDDAR          GOAT CHEESE          FETA          HAVARTI          MOZZARELLA</p>	<p>PARMESAN          PECORINO          SWISS          LACTOSE FREE COTTAGE          LACTOSE FREE CREAM CHEESE          BEVERAGES LACTOSE FREE          COW'S MILK (WHOLE, 2%, 1% OR FAT FREE)          CANNED COCONUT MILK (FULL FAT &amp; LIGHT)          HEMP MILK</p>	<p>ALMOND MILK          RICE MILK OTHER LACTOSE FREE          ICE CREAM          SORBET FROM ACCEPTABLE FRUITS          LACTOSE FREE YOGURT          GOAT'S MILK YOGURT          COCONUT YOGURT          LACTOSE FREE SOUR CREAM          WHIPPED CREAM</p>
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## SWEETENERS AND BAKING

PURE MAPLE SYRUP WHITE SUGAR BROWN SUGAR	STEVIA PALM SUGAR RAW SUGAR	RICE MALT SYRUP DARK CHOCOLATE COCOA POWDER VANILLA
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## GRAINS

GF BREAD GF PASTA MILLET OATS	RICE RICE CAKES QUINOA QUINOA FLAKES	SLOW LEAVENED SOURDOUGH WHEAT OR SPELT BREAD SOBA NOODLES POLENTA CORN TORTILLAS
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## NUTS AND SEEDS

ALMONDS BRAZIL NUTS CHESTNUTS HAZELNUTS MACADAMIAS	PEANUTS PECANS PINE NUTS WALNUTS CHIA SEEDS	POPPY SEEDS PUMPKIN SEEDS SESAME SEEDS SUNFLOWER SEEDS
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## LEGUMES

¼ C. DRAINED & RINSED CANNED CHICKPEAS	1 C. EDAMAME ½ C. DRAINED AND RINSED CANNED LENTILS	FIRM TOFU TEMPEH (PLAIN)
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## HERBS

BASIL CILANTRO CORIANDER	LEMONGRASS MINT PARSLEY	ROSEMARY SAGE TARRAGON THYME
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## COFFEE AND TEA COFFEE

ESPRESSO BLACK COFFEE COFFE WITH LF MILK	BLACK TEA GREEN TEA WHITE TEA	PEPPERMINT TEA
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