

# LOW FODMAP CHEAT SHEET

Low fodmap foods quick reference guide

LOFO  
foodie



## VEGETABLES

BOK CHOY,  
BEAN SPROUTS  
BELL PEPPERS,  
BROCCOLI,  
CARROTS,  
CELERAIC,  
CHIVES,  
COLLARD GREENS  
GRN/RED CABBAGE  
CUCUMBER  
EGGPLANT  
ENDIVE  
FENNEL  
GREEN BEANS  
GINGER  
KALE  
LETTUCE  
MUSHROOMS (OYSTER)  
PARSNIP  
WHITE POTATO  
JAP PUMPKIN  
RADISH  
SPINACH  
TOMATOES  
ZUCCHINI



## NUTS & GRAINS

NUTS (UP TO 20)  
BREAD (GLUTEN FREE)  
PASTA (FLUTEN FREE)  
OATS, RICE, QUINOA  
POLENTA



## HERBS

BASIL  
CILANTRO  
CORIANDER  
LEMONGRASS  
MINT  
ROSEMARY  
PARSSLEY  
SAGE  
TARRAGON  
THYME



## CHEESES

BRIE  
CAMEMBERT  
COLBY  
CHEDDAR  
COTTAGE (LACTOSE FREE)  
CREAM (LACTOSE FREE)  
GOATS CHEESE  
FETA  
HAVARTI  
MOZZARRELLA  
PARMESAN  
PECORINO  
SWISS



## FRUITS

BANANA (UNRIPENED)  
CANTELOUPE  
COCONUT  
GRAPES  
GUAVA  
HONEYDEW MELON  
KIWIFRUIT  
LEMON, LIME, ORANGE  
PAPAYA  
PASSIONFRUIT  
PINEAPPLE  
RASPBERRIES  
RHUBARB  
STRAWBERRIES  
TANGELO



## TREATS

CORN CHIPS  
ICECREAM (LACTOSE FREE)  
YOGURT (LACTOSE FREE)  
COCONUT YOGURT  
SOUR CREAM  
DARK CHOCOLATE



## DRINKS

COW MILK (LACTOSE FREE)  
CRANBERRY JUICE  
COCONUT MILK  
HEMP MILK  
KVASS  
RICE MILK  
ALMOND MILK

BEER & WINE  
GIN  
VODKA  
WHISKEY

COFFEE, ESPRESSO  
BLACK, GREEN, WHITE,  
PEPPERMINT TEA



## SWEETENER

PURE MAPLE SYRUP  
WHITE SUGAR  
BROWN SUGAR  
STEVIA  
PALM SUGAR  
RAW SUGAR  
RICE MALT SYRUP

Source: Food Nutrient Database Australia CSIRO

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