



# 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
- Celeric 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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