BALANCEDBODY
HEALTH AND WELLNESS

THE LOW FODMAP DIET

SHOPPING GUIDE

veggies

Beetroot, canned/pickled
Broccoli, whole (3/4 cup)
Broccoli, heads (3/4 cup)
Broccoli, stalks (1/3 cup)
Broccolini, whole (1/2 cup)
Broccolini, heads (1/2 cup)
Broccolini, stalks (1 cup)
Carrots
Celeriac
Chives
Corn (1/2 cob)
Eggpant
Leeks (green part only)
Onions, pickled
Parsnips
Pumpkin
Radish
Scallions (green part only)
Squash, butternut
Squash, pumpkin
Squash, pumpkin, canned (1/
Squash, spaghetti
Squash, zucchini
Turnip
Yam

Tip: Wash Before Use, Not Storing

Don't wash before storing. Extra moisture shortens shelf life–clean just before use.

fruits

- Bananas, unripe - 1 medium
- Bell pepper, red
- Bilberries
- Blueberries (1 cup)
- Breadfruit
- Carambola
- Cantaloupe (3/4 cup)
- Cranberry (1 tbsp)
- Clementine
- Coconut (2/3 cup)
- Cranberry juice (2/3 cup)
- Cucumbers
- Dates - up to 5
- Dragon fruit
- Lingonberries
- Grapes, red and white - 28g
- Guava, ripe
- Galia melons - 1/2 cup
- Honeydew - ½ cup
- Jackfruit - 1/3 cup
- Kiwifruit - 2 small
- Lemon including lemon juice
- Lemon including lemon juice
- Lime
- Mandarin
- Okra
- Olives
- Orange
- Passion fruit
- Paw paw
- Papaya
- Peaches
- Pineapple
- Plantain, peeled
- Plums
- Raspberry (1/3 cup)
- Rhubarb
- Strawberry (5) medium)
- Tamarind
- Tangelo
- Tomato, canned (3/5 cup)
- Tomato, cherry (5)
- Tomato, common (1 small
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- Tomato juice (1/2 glass)
- Tomatillo, fresh (1 cup)
- Tomatillos, canned (2.5 o

greens & legumes

- Alfalfa
- Arugula
- Bok choi
- Butter lettuce
- Brussels Sprouts (2)
- Cabbage, fresh
- Cabbage, fermented
- Collard Greens
- Fennel
- Iceberg lettuce
- Kale
- Radicchio lettuce
- Red coral lettuce
- Romaine/Cos lettuce
- Spinach, Baby
- Swiss chard

- Bamboo shoots
- Bean sprouts
- Black beans (2 oz)
- Chickpeas
- Green Beans
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Why Only 2 Brussels Sprouts?
They contain a significant amount of galactans and fructans, making them a trigger for many individuals with IBS or other digestive issues. Bok choi, cabbage, collards, etc. are in the same family, but do not have the same level of fructans and galactans.

meat & fish

- Beef
- Chicken
- Chorizo
- Foie gras
- Kangaroo
- Lamb
- Pork
- Prosciutto
- Turkey
- Cold cuts/deli meat (minimally processed)
- Canned tuna
- Fresh fish e.g.
  - Cod
  - Haddock
  - Salmon
- Seafood (no additives) e.g.
  - Crab, lobster
  - Mussels, scallops
  - Prawns, shrimp

nuts & seeds

- Nuts
  - Brazil nuts
  - Chestnuts
  - Hazelnuts
  - Macadamia nuts
  - Mixed nuts
  - Peanuts*
  - Pecans
  - Pine nuts
  - Walnuts
- Seeds:
  - Chia seeds
  - Dill seeds
  - Egusi seeds
  - Hemp seeds
  - Poppy seeds
  - Pumpkin seeds
  - Sesame seeds
  - Sunflower seeds

*Peanuts are, technically, a legume. But they are sold in the nuts section, so we've included them on this list.

flours, grains, & cereal

- Bulgur / bourghal - 1/4 cup cooked, 44g serving
- Buckwheat
- Flax seeds
- Flour
- Buckwheat
- Corn
- Potato
- Rice
- Millet
- Oats
- Polenta

- Quinoa
- Rice:
- Basmati rice
- Bomba rice
- Brown rice
- White rice
- Wild rice (1 cup)
- Rice bran
- Starch:
- Corn
- Potato
- Tapioca
- Sorghum

condiments

- Almond butter
- Barbecue sauce - check label carefully
- Chutney, 1 tablespoon
- Fish sauce
- Golden syrup
- Jam / jelly, strawberry
- Jam / jelly, raspberry - 2 tbsp
- Ketchup (USA) - 1 sachet
- Maple syrup
- Marmalade
- Marmite
- Mayonnaise (plain)
- Miso paste
- Mustard (no garlic)
- Oyster sauce
- Pesto sauce (2 tsp)
- Peanut butter
- Shrimp paste
- Soy sauce
- Sriracha (1 tsp)
- Tahini paste
- Tamari sauce
- Tamarind paste
- Tomato sauce (plain)
- Vegemite
- Vinegar:
- Apple cider (2 tbsp)
- Balsamic (2 tbsp)
- Rice wine
- Worcestershire sauce