

FODMAP

MEAL PLAN GUIDELINES



Allowed



Allowed in Moderation



Not Allowed

Fruits

- Blueberries
- Dragon Fruit
- Kiwi
- Papaya

- Avocado (up to 60g)
- Black Berries (up to 30g)
- Cranberries, Dried (up to 20g)
- Goji Berries, Dried (up to 10g)
- Raspberry (up to 60g)
- Strawberries (up to 65g)
- Coconut, Flesh (up to 80g)
- Coconut, Dried (up to 30g)
- Dates (up to 30g)
- Grapefruit (up to 90g)
- Melon, Cantaloupe (up to 120g)
- Melon, Honeydew (up to 190g)
- Orange (up to 130g)
- Passion Fruit (up to 50g)
- Pineapple (up to 140g)
- Pomegranate (up to 40g)
- Pomelo (up to 250g)

- Apple, Green
- Apple, Red
- Apricot, Dried
- Banana
- Figs, dried
- Grapes
- Mango
- Pear
- Prune, Dried
- Raisins
- Watermelon

Vegetables

- Bamboo Shoots
- Onion (allowed in traces)
- Radish

- Asparagus (up to 40g)
- Eggplant (up to 75g)
- Beetroot (up to 75g)
- Bell Pepper, Green (up to 75g)
- Bell Pepper, Red (up to 40g)
- Bok Choy (up to 75g)
- Broccoli (up to 75g)
- Brussel Sprouts (up to 75g)
- Cabbage, All Types (up to 75g)
- Carrot (up to 75g)
- Cassava (up to 75g)
- Cauliflower (up to 75g)
- Celery Root (up to 75g)
- Celery Sticks (up to 50g)
- Corn, Baby (up to 75g)
- Corn, Kernels (up to 75g)
- Cucumber (up to 75g)
- Edamame (up to 75g)
- Fennel (up to 75g)
- Green Beans (up to 75g)
- Kale (up to 75g)
- Lettuce, All Types (up to 75g)
- Mushroom, Oyster (up to 75g)
- Okra (up to 70g)
- Olives (up to 60g)
- Scallion, Green Part (up to 75g)
- Parsnip (up to 75g)
- Peas, Snow (up to 75g)
- Peas, Green (up to 50g)
- Potato, Sweet (up to 75g)
- Potato, White (up to 75g)
- Pumpkin & Squash (up to 75g)
- Spinach (up to 75g)
- Tomato (up to 70g)
- Tomato Sauce (up to 100g)
- Turnip (up to 75g)
- Zucchini (up to 70g)

- Artichoke
- Chilli, All Types
- Garlic
- Leeks
- Mushroom
- Sauerkraut

Protein

- Beef, All Cuts
- Chicken, All Cuts
- Eggs
- Fish, All Types
- Prawn
- Tuna
- Turkey, All Cuts

- Bacon, Cooked (up to 60g)
- Sausage (up to 50g)

Vegan Sources

- Peanuts

- Beans, Black (up to 45g)
- Beans, Red (up to 80g)
- Chickpea, Canned (up to 80g)
- Chickpea, Dried (up to 30g)
- Hazelnut (up to 20g)
- Macadamia (up to 30g)
- Pecan (up to 30g)
- Pine Nuts (up to 10g)
- Pumpkin Seeds (up to 30g)
- Sesame Seeds (up to 30g)
- Sunflower Seeds (up to 15g)
- Tempeh (up to 170g)
- Walnut (up to 30g)

- Beans, Cannellini
- Cashew
- Pistachio
- Tofu

Carbohydrates

- Cornmeal
- Flour, Arrowroot
- Flour, Buckwheat
- Flour, Cassava
- Flour, Corn
- Flour, GF
- Flour, Millet
- Flour, Oat
- Flour, Quinoa
- Flour, Rice
- Millet
- Noodles
- Polenta
- Quinoa
- Rice, All Types

- Almond Meal/Flour (up to 35g)
- Panko (up to 25g)
- Bread, Sourdough (up to 110g)
- Corn Flakes (up to 30g)
- Pasta, GF (up to 100g)
- Rice, Paper (up to 50g)
- Tortilla (up to 40g)
- Yeast (up to 7g)

- Flour, Coconut