

LOW FODMAP FOOD EXCHANGE GUIDE

A low FODMAP approach may be helpful for individuals experiencing bloating, gas, abdominal discomfort, IBS-like symptoms, or excessive fermentation. This approach is typically temporary and should be used strategically while addressing digestive dysfunction.

CATEGORY	PREFERRED OPTIONS	OFTEN LIMITED
Proteins	Chicken, turkey, fish, eggs, beef, pork, lamb, duck, tuna, shellfish	Most proteins are well tolerated avoid proteins with added ingredients
Vegetables	Zucchini, carrots, cucumbers, spinach, green beans, bell peppers, radishes, spinach, green beans, tomatoes, summer squash, greens, lettuce, spaghetti squash	Onions, garlic, cauliflower, mushrooms, asparagus, brussels sprouts, cabbage, mushrooms, corn, celery
Fruits Limit to 1 cup daily	Strawberries, blueberries, kiwi, grapes, grapefruit, papaya, oranges, pineapple, raspberries, cantaloupe	Apples, pears, mango, watermelon, banana, peaches, plums, cherries, blackberries, fruit juices
Fats / Oils / Condiments	Dried spices and herbs, mustard, vinegar, mayonnaise, worchestershire sauce, Ghee, olive oil, coconut oil, avocado oil	Cashews, pistachios, jam/jelly, ketchup, hummus, tahini
Starches	Rice, potatoes, quinoa, corn	Wheat, oat, barley, rye, granola
Legumes / Nuts / Seeds	Almonds, brazil nuts, cashews, peanuts, sesame / pumpkin / sunflower / chia seeds	Beans, lentils, chickpeas, soy, tofu, split peas
Dairy Alternatives	Unsweetened almond milk, coconut milk, aged cheeses in moderation, coconut yogurt	All dairy containing lactose, soy milk, buttermilk, kefir
Beverages & Sweeteners Keep sweeteners at 1 tbsp	Water, herbal tea, coffee, maple syrup, stevia, cacao powder	Sugar and alcohol-containing beverages, coconut water, honey, molasses, agave syrup

Practitioner Note

A low FODMAP diet is intended to reduce digestive symptoms while digestive capacity improves. Long-term restriction of fermentable fibers is generally not recommended unless clinically necessary.