

# Allowed Foods

## Partial list of foods that are allowed

Low in FODMAP up to the quantities shown, referring to the edible part.  
Where no quantity is specified, the food is Low in FODMAP for usual serve size

### Fruits (1 whole fruit unless specified otherwise)

Banana, not too ripe (100 g ~ 1 medium)

Berries : blueberries (40 g ~ ¼ cup), strawberries (65 g ~ 5), raspberries (60 g ~ ½ cup)

Cantaloupe (120 g ~ ¾ cup)

Citrus fruits : lemon, clementines (2), lime, mandarin, orange, tangerine, grapefruit (80 g ~ ⅓ fruit)

Coconut (64 g ~ ⅔ cup)

Dragon fruit (330 g ~ 1 medium)

Grapes (28 g ~ 6)

Guava, ripe (180 g ~ 2 medium)

Honeydew melon (90 g ~ ½ cup)

Kiwifruit(2 units)

Lychees (3 units)

Papaya (140 g ~ 1 cup)

Passionfruit (2 units)

Pineapple (140 g ~ 1 cup)

Rhubarb (150 g ~ 1 cup)

### Grain Products

Cereals, pasta, bread and crackers made from the following grains : corn, millet, quinoa, rice (including wild rice), buckwheat, sorghum, tapioca, teff

White wheat bread (24 g), 100% sourdough wheat bread or 100% sourdough spelt bread (52 g), sourdough oat bread (26 g), rice cake (28 g)

Breakfast cereals (dry amounts), quick oats (23 g ~ ¼ cup), large flake oats (52 g ~ ½ cup), quinoa flakes (50 g ~ 1 cup), corn flakes (15 g ~ ½ cup), puffed rice (15 g ~ ½ cup), puffed amaranth (10 g ~ ¼ cup)

Grains (dry quantities) : basmati rice, brown rice, white rice, red rice, and sticky rice (50 g), millet (86 g), quinoa (51g), gluten-free pasta (58g), polenta (64g).

Flours (100 g dry ~ ⅔ cup) buckwheat, corn, quinoa, millet, rice, sorghum, tapioca, teff, gluten-free mix made from the above-mentioned flours

### Vegetables and Herbs (unlimited, unless specified otherwise)

Bamboo shoots (75 g ~ ½ cup)

Bean sprouts

Bell pepper : green (75 g), red (43 g)

Bok choy (75 g ~ 1 cup)

Broccoli (75 g ~ ¾ cup)

Brussels sprouts (50 g)

Butternut squash (⅓ cup ~ 45 g)

Cabbage : chinese (75 g ~ 1 cup), green (75 g ~ ¾ cup), red (75 g ~ ¾ cup), savoy (40 g ~ ½ cup)

Carrots

Celeriac (75 g)

Celery (10 g ~ 4,5 cm)

Corn (½ ear)

Cucumber

Eggplant (75 g ~ 1 cup)

Fennel (45 g ~ ½ cup)

Ginger root

Green beans (15 units)

Hearts of palm

Herbs (all)

Kale

Lettuces (all)

Okra (75 g ~ 7,5 units)

Parsnips

Potatoes

Radishes

Rutabaga (75 g ~ 1 cup)

Spaghetti squash (75 g ~ ½ cup)

Spinach

Sweet potato (75 g ~ ½ cup)

Swiss chard (75 g ~ 1 cup)

Tomato : common (119 g), roma (75 g), cherry (75 g)

Turnip (75 g ~ ½)

Water chestnuts (75 g ~ ½ cup, sliced)

Zucchini (65 g ~ ⅓ cup)

### Seasonings, Spices and Fats

Butter

Ketchup (8 ml ~ 1 small packet)

Margarine

Mayonnaise

Mustard

Oils

Olives

Shortening

Soy sauce (42 g ~ 2 tbsp)

Spices

Tomato paste (100% tomato) (28 g ~ 2 tbsp)

Vinegar (40 ml ~ 3 tbsp), balsamic (21 ml ~ 1 tbsp)

### Protein Sources

Canned lentils (46 g ~ ½ cup) and canned chickpeas (42 g ~ ¼ cup), well rinsed

Edamame frozen, without the pod (90 g ~ ½ cup)

Eggs

Fish and shellfish (all, unprocessed)

Meat and poultry (all, unprocessed)

Nuts and seeds (2 tbsp unless specified otherwise) : almonds (10), peanuts (32), chia seeds, pumpkin seeds, flax seeds (1 tbsp), sesame seeds (1 tbsp), sunflower seeds (6 g ~ 2 tsp), hemp seeds, hazelnuts (10), walnuts (10), macadamia nuts (20), pine nuts (1 tbsp), brazil nuts (10), pecans (10), peanut butter, tahini, almond butter (1 tbsp)

Seitan/tempeh/firm tofu

### Beverages

Beer (375 ml)

Coconut water (100 ml)

Coffee regular (with moderation), decaf (at leisure)

Herbal tea : except chamomile, dandelion and fennel

Tea (1 cup) : except chai, oolong and strong black

Water

Wine (150 ml) except sweet wines

### Sweeteners

Brown rice syrup (1 tbsp)

Brown sugar (¼ cup)

Chocolate, dark (30 g), milk (20 g)

Maple syrup (2 tbsp)

Sugar (¼ cup)

### Dairy Products and Alternatives

Coconut yogurt (125 g)

Cream cheese, plain (40 g)

Beverages : almond (250 ml), hemp (125 ml), macadamia (250 ml), oats (125 ml), quinoa (250 ml), rice (200 ml).

Goat cheese (40 g)

Hard cheeses (40 g): brie, camembert, cheddar, comté, emmental, feta, gorgonzola, gruyère, haloumi, havarti, manchego, monterey jack, mozzarella, parmigiano, pecorino, swiss

Lactose-free : milk, yogurt, ice cream