FOOD & CULINARY

List Of Low Fodmap Foods

PUBLISHED
November 25, 2026

REFERENCE
#1795583052120751

Understanding the Low FODMAP Diet and Why Food Lists Matter

Navigating digestive health can feel overwhelming, especially when conditions like irritable bowel syndrome (IBS) or small intestinal bacterial overgrowth (SIBO) are involved. The low FODMAP diet, developed by researchers at Monash University, has become a gold-standard approach for managing symptoms such as bloating, gas, abdominal pain, and irregular bowel movements. At its core, the diet involves temporarily eliminating foods high in fermentable oligosaccharides, disaccharides, monosaccharides, and polyols—short-chain carbohydrates that are poorly absorbed in the small intestine. A well-organized **list of low FODMAP foods**is essential for anyone starting this journey, offering clarity and confidence when building meals. This article provides a thorough, practical guide to the foods you can enjoy, organized by category, along with tips for long-term success.

Why a Low FODMAP Food List Is Your Best Friend

Without a reliable reference, it is easy to accidentally consume high FODMAP ingredients that trigger symptoms. A comprehensive list empowers you to shop smartly, cook creatively, and dine out with less anxiety. The low FODMAP diet is not about deprivation—it is about identifying your personal triggers and finding delicious alternatives. By focusing on what you *can*eat, you create a sustainable, symptom-free eating pattern. Below, you will find detailed lists of low FODMAP foods across major food groups, based on the most current Monash University data and reputable low FODMAP resources.

Low FODMAP Fruits: Sweet and Gentle Options

Many fruits are naturally low in fructose and polyols, but portion sizes matter. Even low FODMAP fruits can trigger symptoms if eaten in large quantities. The following fruits are generally safe in standard servings (approximately one medium piece or half a cup):

- Bananas – Firm, slightly green bananas are best; overripe bananas contain more oligosaccharides.
- Blueberries – A handful of blueberries (around 20 berries) is well-tolerated.
- Strawberries – Enjoy up to five medium strawberries per sitting.
- Cantaloupe – Eat half a cup; watermelon is high FODMAP, so stick with cantaloupe.
- Oranges – One small orange is a safe choice.
- Grapefruit – Half a medium grapefruit works well.
- Kiwifruit – One whole kiwi is low FODMAP.
- Pineapple – Consume up to one cup of fresh pineapple.
- Raspberries – A serving of 10–15 raspberries is acceptable.
- Grapes – Seedless grapes, about 1 cup, are fine.

Be cautious with fruits like apples, pears, peaches, and mangoes, which are high in FODMAPs. Dried fruits often concentrate sugars, so limit portions of dried banana chips or unsulfured dried cranberries.

Low FODMAP Vegetables: Building Blocks of Meals

Vegetables are vital for fiber and nutrients, but many common options are high in mannitol or fructans. The following choices are low FODMAP when eaten in appropriate amounts (typically half a cup to one cup cooked, or one cup raw):

- Carrots – Enjoy raw, steamed, or roasted.
- Zucchini – A versatile squash, excellent in stir-fries and spiralized.
- Spinach – Baby spinach is low FODMAP in large servings (up to 3 cups raw).
- Kale – Cooked kale is well-tolerated.
- Bell peppers – Red, yellow, and green peppers are safe.
- Green beans – A classic low FODMAP vegetable.
- Eggplant – Roasted or grilled, a low FODMAP favorite.
- Cucumber – Excellent for salads and snacking.
- Tomatoes – Canned crushed tomatoes (limit to half a cup) and fresh tomatoes are okay.
- Potatoes – White potatoes, sweet potatoes (limit to half a cup), and yams are low FODMAP.
- Radishes – Add crunch without FODMAPs.

Avoid onions, garlic, cauliflower, mushrooms, peas, and asparagus in large amounts. Garlic and onion are particularly problematic due to high fructan content, but garlic-infused oil (without garlic solids) is safe.

Low FODMAP Proteins: Meat, Fish, Eggs, and Plant-Based Options

Protein sources are naturally low in FODMAPs, making them a cornerstone of the diet. The key is to avoid added high FODMAP seasonings or marinades that contain onion or garlic powder. Safe protein options include:

- Chicken – Breast, thighs, skinless or with skin.
- Beef – Steaks, ground beef, roasts.
- Pork – Chops, tenderloin, bacon (check for sugar and additives).
- Fish – Salmon, cod, tuna, tilapia, shrimp, scallops.
- Eggs – Whole eggs, egg whites, and yolks.
- Tofu – Firm or extra-firm tofu (silken tofu is high FODMAP).
- Tempeh – Fermented soy product, safe in moderate portions.
- Lactose-free dairy – Milk, yogurt, and cheese without lactose are tolerated. Hard cheeses like cheddar, Swiss, and Parmesan are naturally low in lactose.

Processed meats such as sausages or deli meats should be checked for onion and garlic powder, and many plant-based meat alternatives contain high FODMAP legumes like chickpeas or soy flour—read labels carefully.

Low FODMAP Grains and Cereals: Staying Energized

Grains provide essential carbohydrates, but wheat, rye, and barley are high in fructans. Gluten-free grains are generally safer, but some contain GOS or fructans. The following are well-tolerated:

- Rice – White, brown, basmati, jasmine, wild rice.
- Oats – Rolled oats and quick oats (choose certified gluten-free if needed).
- Quinoa – A complete protein, low FODMAP.
- Buckwheat – Groats and flour are safe.
- Corn – Corn tortillas, polenta, popcorn (plain).
- Millet – A nutritious ancient grain.
- Gluten-free pasta – Made from rice, corn, or quinoa flour.
- Gluten-free bread – Many brands offer low FODMAP loaves; check for inulin or chicory root fiber.
- Rice cakes – Plain rice cakes are a handy snack.

Avoid wheat-based bread, regular pasta, couscous, semolina, and many breakfast cereals containing barley

malt or honey.

Low FODMAP Dairy and Alternatives

Lactose is a disaccharide and a common trigger for those with IBS. However, many dairy products are naturally low in lactose or can be processed to remove it. The following are safe:

- Lactose-free milk – Cow's milk with lactase enzyme added.
- Lactose-free yogurt – Plain, Greek-style, or with live cultures.
- Hard cheeses – Cheddar, Colby, Swiss, Parmesan, Monterey Jack.
- Brie and Camembert – Low in lactose, moderate portions (about 1 oz).
- Butter – Butter is very low in lactose, safe in normal cooking amounts.
- Coconut milk – Canned coconut milk (not light, which may contain guar gum) is low FODMAP in small amounts (half a cup).
- Almond milk – Unsweetened almond milk is fine, but check for additives like inulin.
- Rice milk – A hypoallergenic option.

Avoid cow's milk, soft cheeses (ricotta, cottage cheese, cream cheese in large portions), and ice cream unless it is lactose-free.

Nuts, Seeds, and Healthy Fats

Nuts and seeds are nutrient-dense, but some are high in polyols or GOS. Portion control is essential. The following nuts and seeds are low FODMAP in standard servings (about 10–15 nuts or 1–2 tablespoons):

- Almonds – Limit to 10 almonds.
- Walnuts – About 10 halves.
- Pecans – Approximately 15 halves.
- Macadamia nuts – Up to 15 nuts.
- Pine nuts – 1 tablespoon.
- Peanuts – 15 peanuts (avoid honey-roasted).
- Pumpkin seeds – 1 tablespoon.
- Sesame seeds – 1 tablespoon.
- Chia seeds – 2 tablespoons as part of a meal.
- Flaxseeds – 1 tablespoon ground.
- Olive oil – Extra virgin olive oil, avocado oil, coconut oil.
- Avocado – Limit to 1/8 of an avocado (larger amounts contain sorbitol).

Avoid cashews, pistachios, and large amounts of sunflower seeds (they contain moderate FODMAPs). Nut butters (without added honey or high FODMAP sweeteners) are fine in small servings.

Herbs, Spices, and Flavorings

Garlic and onion are ubiquitous but problematic. Instead, season your food with low FODMAP herbs and spices. A comprehensive list includes:

- Fresh herbs – Basil, chives, cilantro, parsley, rosemary, thyme, oregano, mint, sage, dill, tarragon.
- Dried spices – Cumin, coriander, turmeric, paprika, cayenne pepper, black pepper, cinnamon, ginger, nutmeg, saffron.
- Salt – Table salt, sea salt, kosher salt.
- Mustard – Dijon or yellow mustard (check for garlic or onion powder).
- Vinegars – White vinegar, red wine vinegar, balsamic vinegar (pure, not flavored with high FODMAP fruits).
- Lemon and lime juice – Freshly squeezed, small amounts.
- Garlic-infused oil – Safe because FODMAPs are water-soluble, not oil-soluble.

Avoid garlic powder, onion powder, onion salt, and pre-made spice blends that may contain these. Always read labels on condiments like ketchup, BBQ sauce, and salad dressings.

Putting It All Together: Sample Low FODMAP Meal Ideas

Knowing the individual foods is helpful, but understanding how to combine them is where the real success lies. Here are a few simple meal ideas:

- Breakfast: Oatmeal made with lactose-free milk, topped with 1/2 banana and a handful of blueberries, with a sprinkle of cinnamon.
- Lunch: Grilled chicken salad with spinach, bell peppers, cucumber, cherry tomatoes, and a vinaigrette made with olive oil and red wine vinegar. Serve with a small portion of quinoa.
- Snack: Rice cakes with peanut butter (1 tablespoon) or a small orange.

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