

Fruits & Vegetables



Alfalfa



Beansprouts



White & Red Cabbage



Artichoke Hearts



Chicory Leaves



Carrot



Choy Sum/Pak Choy



Celeriac



Chilli



Broccoli



Spring Onions (green part only)



Ginger



White Potato



Lettuce



Bell Pepper



Olives



Endive/Fennel Leaves



Taro

Chard/Swiss Chard/Silver Beet



Swede/Turnip



Plantain



Tomato



Green Beans



Pumpkin



Radish



Cucumber



Parsnip



Courgette



Kale



Aubergine



Spinach



Oyster Mushroom



Endive



Seaweed



Chive



Edamame



Yam



Cassava

Fruits & Vegetables



Breadfruit

Clementine/Mandarin/
Orange



Cranberry

Kumquat



Kiwifruit



Raspberry



Grapes



Pineapple



Strawberry



Cantaloupe and Honeydew
Melon



Guava

Rhubarb



Papaya



Unripe Banana



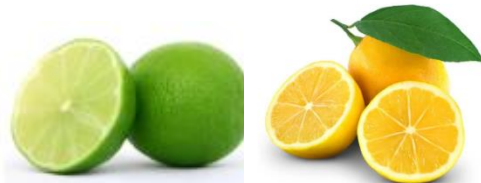
Passion Fruit



Starfruit



Dragon Fruit



Lemon & Lime

You may have any of the above fruits frozen, canned or juiced (100ml only).

Fruits & Vegetables

Fruits to Avoid				
Apple	Apricot	Blackberries	Cherries	Date
Figs	Mango	Nectarine	Peach	Pear
Plum	Watermelon	Goji Berries	Prunes	Sultanas
Fruits canned in Apple/Pear Juice				
Fruits to have in Small Quantities				
Banana ripe (<45g)	Boysenberries (10)	Coconut (64g)	Grapefruit (100g)	Lychees (40g)
Blueberries (50g)	Sharon Fruit (1/2)	Pomegranate (55g)	Banana Chips (30g)	Currants/Cranberries /Raisins (1tbsp)
Coconut Water (100ml)		Cranberry Juice (250ml)		Canned Guava (45g)
Vegetables to Avoid				
Asparagus	Cauliflower	Chicory Root	Garlic	Globe/Jerusalem Artichoke
Karela	Leek	Mushroom	Onion	Sauerkraut
Wakame Seaweed				
Vegetables to have in Small Quantities				
Avocado (1/4)	Beetroot (2 slices)	Tenderstem Broccoli (2tbsp)	Brussel Sprouts (<3)	Butternut Squash (<3tbsp)
Celery Stick (1/3)	Corn on Cob (1/2)	Fennel Bulb (<3tbsp)	Mange Tout (5 pods)	Okra (75g)
Peas (1tbsp)	Savoy Cabbage (<3tbsp)	Sugar Snap Peas (7 pods)	Sweetcorn (1tbsp)	Sweet Potato (3tbsp)
Pickled Garlic (1 clove)	Kimchi (50g)		Porcini Mushrooms (<2tbsp)	Sundried Tomatoes (3 pieces)

Pulses and Legumes

If necessary, then you can have one portion of the following in a meal but ensure that the rest of the meal is strictly FODMAP free:

Canned chickpeas 2tbs (44g)

Boiled urid dal 2 tbs (44g)

Canned kidney beans 8tbs (100g)

Boiled chana dal 2 tbs (44g)

Canned lentils 2tbs (44g)

Boiled green or red lentils 1tbs (23g)