

# Low FODMAP Fruit



**Banana (Firm)**



**Grapes**



**Rhubarb**



**Kiwi fruit**



**Raspberry**



**Strawberry**



**Blueberry**



**Cranberry**



**Cantaloupe Melon**

**Honeydew Melon**



**Lemon**

**Orange/Clementine  
/Mandarin**



**Lime**



**Pineapple**



**Papaya**



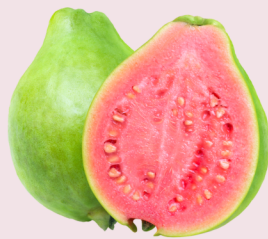
**Passion Fruit**



**Star Fruit**



**Bread Fruit**



**Guava (ripe)**



**Kumquat**



**Dragon Fruit**

The above fruit can be eaten fresh, frozen or tinned.

Aim to have at least 2 portions (1 portion = 80g) of different fruits, spread across the day.

# Low FODMAP Fruit

To eat in smaller portions - limit to 1 portion per sitting



10 x Boysenberries



3 Lychees



1/2 Pomegranate



60g Coconut



1/2 Grapefruit

## Dried Fruit



15 x Banana Chips



45g Coconut



1 Tbsp Raisins



1 Tbs Cranberries



5g papaya



1 piece pineapple



1 Tbsp Currants

## Juice



250ml

Cranberry Juice



100ml

Orange Juice



100ml

Pineapple Juice



200ml

Tomato Juice



100ml

Coconut Water

# Low FODMAP Vegetables



**Carrots**



**Potato**



**Swede**



**Parsnip**



**Turnip**



**Pumpkin**



**Celeriac**



**Yam**



**Taro**



**Cassava**



**Broccoli Heads**



**Kale**



**White/Red/Chinese  
Cabbage**



**Collard Greens**



**Endive**



**Callaloo**



**Swiss Chard/  
Chard/Silverbeet**



**Spinach**



**Choi Sum**



**Pak  
Choy**



**Courgette**



**Aubergine**



**Peppers**



**Green beans**



**Edamame beans**



**Lettuce**



**Rocket**



**Chicory Leaves**



**Cucumber**



**Radish**



**Tomatoes**



**Tinned  
Sweetcorn**



**Olives  
(Green & Black)**



**Tinned  
Mushrooms**



**Green Part of  
Spring Onion**

# Low FODMAP Vegetables



Oyster  
Mushrooms



Alfalfa



Water  
Chestnuts



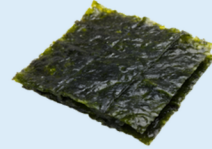
Pickled  
Beetroot



Beansprouts



Sprouted  
Mung Beans



Seaweed  
(Nori)

**To eat in smaller portions: limit to 1 portion per sitting**

**No more than 3 tablespoons of one of the following:**



Broccoli  
Tenderstem



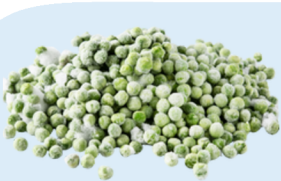
Savoy Cabbage



Sweet Potato



Butternut Squash



1 tbsp  
Frozen Peas



7 Pods  
Sugar Snap Peas



5 Pods  
Mange Tout



½ Corn  
on the Cob



7 Pods  
Okra



1/4  
Avocado



1/3  
Celery Stick



2 x Raw  
Beetroot Slices



2 x  
Brussel Sprouts

**Aim to have at least 3 portions of different vegetables a day**

**1 portion = ~ 80g (unless stated)**

**There is no upper limit on the portions of vegetables per sitting.**