

Low FODMAP Carbohydrates



**Wheat-Free and Gluten-Free
Bread**

This includes bread made from oat, rice, corn, potato or tapioca flour



**100% Spelt Sourdough
Bread**



Rice



Potato (White)



Buckwheat



Quinoa



Millet



Polenta



Sprouted Pearl Barley



Gluten-Free Pasta



Buckwheat Pasta



Quinoa Pasta



Rice Noodles



**Buckwheat/Soba
Noodles**



Kelp Noodles



Low FODMAP Carbohydrates



Porridge Oats

Breakfast Cereals Made From...



Corn



Oats



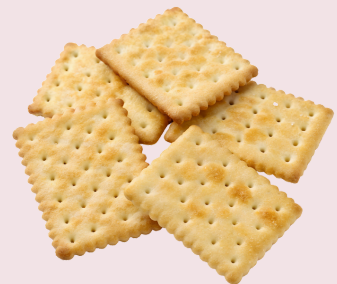
Rice



Rice/Corn Cakes



Oatcakes



Gluten-Free Crackers



**Gluten-Free/Wheat Free
Biscuits and Cakes***



**Plain or Salted
Crisps**



Wheat-Free/Gluten-Free Flour

Maize Flour

Millet Flour

Polenta

Rice Flour

Sorghum Flour

Teff Flour



Wheat-Free/Gluten-Free Pastry

***Not all gluten-free or wheat-free products are low FODMAP. Check the ingredients for other high FODMAP items. For example, apple, dried fruit, amaranth, date paste, fructose, honey, inulin, oligofructose, FOS, garlic, onion and sorbitol.**