GENERAL

list of low fodmap foods

Published: September 3, 2026 | Index ID: #-

The Definitive List of Low FODMAP Foods: A Comprehensive Guide

Introduction

Living with irritable bowel syndrome (IBS) or other functional gut disorders can feel like navigating a maze of foods that either soothe or aggravate your digestive system. One of the most effective strategies for managing symptoms is the low FODMAP diet, which focuses on reducing fermentable oligo , di , mono saccharides and polyols—short chain carbohydrates that are poorly absorbed in the small intestine. By following a **list of low FODMAP foods**, you can regain control over your meals, minimize discomfort, and improve your overall quality of life.

This guide is designed to be your go to resource for identifying safe foods, planning balanced meals, and maintaining a varied and enjoyable diet. Whether you are just starting out or looking to refresh your grocery list, you'll find clear, evidence based recommendations that keep the focus on nutrition, taste, and digestive health.

What Are FODMAPs?

FODMAP stands for **Fermentable Oligo , Di , Mono Saccharides, and Polyols**. These short chain carbs are found in many common foods and can cause bloating, gas, abdominal pain, and altered bowel habits in sensitive individuals. The key problem isn't the carbs themselves but how they are processed in the gut:

- Oligosaccharides (fructans and galacto oligosaccharides) are found in wheat, onions, garlic, and legumes.
- Di saccharides (lactose) are present in dairy products.
- Monosaccharides (fructose) exceed glucose in apples, pears, and high fructose corn syrup.
- Polyols (sugar alcohols) such as sorbitol and mannitol are common in artificial sweeteners and certain fruits.

Because these molecules are not fully absorbed, they travel to the colon where bacteria ferment them, producing gas and attracting water. This process can overwhelm the intestines of people with IBS or other gut sensitivities.

Why a Low FODMAP Diet?

Research consistently shows that a low FODMAP diet can reduce IBS symptoms by up to 70% in a significant portion of patients. The diet works by:

- Limiting fermentable carbs that cause bloating and gas.
- Reducing osmotic load that draws water into the gut, which can trigger diarrhea.
- Allowing the gut to heal and the microbiome to rebalance.

It's important to note that the diet is not meant as a permanent lifestyle change. Instead, it is typically followed in phases: an elimination phase, a gradual reintroduction phase, and a maintenance phase that tailors foods to individual tolerance.

How to Identify Low FODMAP Foods

When you're first starting, the most reliable way to find safe foods is to consult the **Monash University FODMAP Diet app** or the official Monash FODMAP database. These resources offer up to date, portion specific information on

over 1,000 foods.

Here are some practical tips for navigating the list:

1. Check portion sizes. Even low FODMAP foods can become high FODMAP if you eat too much. For example, 1 cup of blueberries is low, but 2 cups can be high.
2. Read labels. Look for hidden FODMAPs like inulin, chicory root, or high fructose corn syrup.
3. Use trusted resources. Stick to reputable guides like the Monash app or certified dietitian recommendations.
4. Keep a food diary. Track what you eat and how you feel. This helps you pinpoint personal triggers.

Top Low FODMAP Foods to Add to Your Grocery List

Fruits

- Bananas (unripe) – 1 medium fruit (approx. 1/2 cup) is low.
- Blueberries – 1/2 cup.
- Strawberries – 1 cup.
- Oranges – 1 medium fruit.
- Raspberries – 1/2 cup.
- Grapes – 1 cup.
- Kiwi – 1 medium fruit.
- Passion fruit – 1 medium fruit.
- Papaya – 1 cup.
- Melons (cantaloupe, honeydew, watermelon) – 1 cup.

Vegetables

- Carrots – 1 cup chopped.
- Spinach – 1 cup cooked.
- Tomatoes – 1 medium.
- Bell peppers – 1 cup.
- Zucchini – 1 cup.
- Eggplant – 1 cup.
- Potatoes – 1 medium.
- Sweet potatoes – 1 medium.
- Green beans – 1 cup.
- Broccoli (in moderation, 1/2 cup) – limit if sensitive.
- Cauliflower – 1 cup (limit if sensitive).
- Peas – 1/4 cup (low). 1/2 cup is high.

Grains and Cereals

- Gluten free oats – 1/2 cup dry.
- Rice (white, brown, jasmine) – 1 cup cooked.
- Quinoa – 1/2 cup cooked.
- Polenta – 1 cup cooked.
- Polish pasta (gluten free) – 1 cup cooked.
- Rice noodles – 1 cup cooked.
- Millet – 1/2 cup cooked.

Proteins

- Chicken breast (skinless) – 3 ounces cooked.

- Turkey breast – 3 ounces cooked.
- Beef (lean cuts) – 3 ounces cooked.
- Eggs – 1 large.
- Firm tofu (soy) – 3 ounces.
- Tempeh – 3 ounces.
- Fish (salmon, tuna, cod) – 3 ounces cooked.
- Shellfish (shrimp, crab) – 3 ounces cooked.

Dairy Alternatives

- Hard cheeses (cheddar, Swiss, Parmesan) – 1 ounce.
- Hard goat cheese – 1 ounce.
- Low lactose milk – 1 cup.
- Almond milk (unsweetened) – 1 cup.
- Rice milk – 1 cup.
- Oat milk – 1 cup (check for added high fructose syrup).
- Unsweetened coconut milk – 1 cup.
- Unsweetened soy milk – 1 cup.
- Plain Greek yogurt (lactose free) – 1/2 cup.

Snacks and Convenience Foods

- Rice cakes – 1-2 pieces.
- Plain popcorn (air popped, no butter) – 1 cup.
- Gluten free crackers (check for added high fructose corn syrup) – 1-2 pieces.
- Unsalted nuts (almonds, walnuts, pecans) – 1/4 cup.
- Seeds (pumpkin, sunflower) – 1/4 cup.
- Peanut butter (natural, no added sugar) – 1 tablespoon.
- Sunflower seed butter – 1 tablespoon.
- Low FODMAP hummus (made with chickpeas and no garlic) – 2 tablespoons.

Beverages

- Water – unlimited.
- Herbal teas (ginger, peppermint, chamomile) – 1 cup.
- Black coffee – 1 cup (avoid high fructose syrups).
- Green tea – 1 cup.
- Unsweetened almond milk – 1 cup.
- Unsweetened soy milk – 1 cup.
- Fresh fruit juice (low sugar, no added high fructose corn syrup) – 1 cup (limit to 1 cup).

Condiments, Sauces, and Spices

- Olive oil – 1 tablespoon.
- Vinegar (balsamic, apple cider, red wine) – 1 tablespoon.
- Mustard (yellow, Dijon) – 1 teaspoon.
- Herbs (parsley, basil, oregano, thyme) – fresh or dried.
- Spices (cumin, coriander, paprika, turmeric, black pepper) – moderate amounts.

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