

Your Low FODMAP Shopping List

There are plenty of options when it comes to eating Low FODMAP. It's all about finding the foods that work best for you. This shopping list is categorized by common food groups for easy browsing in the grocery aisle. It's important to remember, moderation is key.

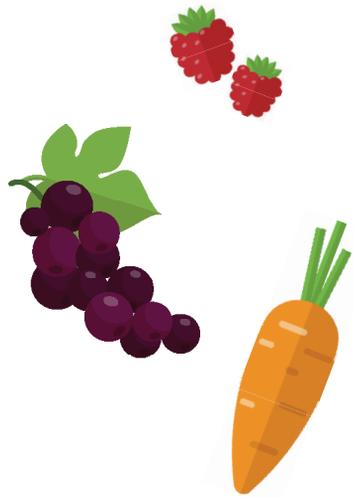
PRODUCE

Fruits

- Avocado
- Bananas
- Blueberries
- Cantaloupe
- Citrus fruits
- Grapes
- Kiwi
- Olives
- Pineapple
- Raspberries
- Strawberries

Vegetables

- Broccoli
- Carrots
- Cucumbers
- Eggplant
- Leafy greens
- Peppers
- Potatoes
- Zucchini



PROTEIN

Lean Meats

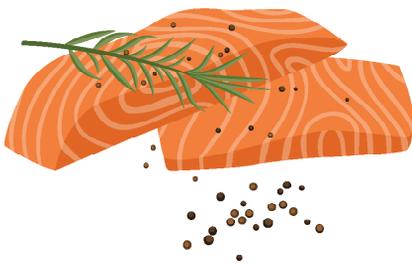
- Chicken
- Pork chops
- Pork tenderloin
- Turkey

Seafood

- Cod
- Halibut
- Mahi Mahi
- Salmon
- Scallops
- Tuna

Legumes, Nuts, & Seeds

- Almonds
- Canned chickpeas
- Canned lentils
- Canned peas
- Chia seeds
- Coconut
- Flaxseeds
- Green beans
- Hazelnuts
- Peanuts
- Pecans
- Pine nuts
- Sesame seeds
- Tahini
- Walnuts



GRAINS

Breads & Whole Grains

- Brown rice
- Corn tortillas
- Gluten-free bread
- Gluten-free pasta
- Quinoa
- Sourdough bread

Snacks

- Baked potato chips
- Corn chips
- Gluten-free cookies
- Gluten-free pretzels
- Gluten-free crackers
- Popcorn
- Rice cakes

Cereals

- Corn flakes
- Oat bran
- Rice cereal
- Plain oatmeal



Flours

- Cornmeal
- Cornstarch
- Flaxseed meal
- Gluten-free pancake mix
- Gluten-free flour blend

DAIRY & BEVERAGES

Milks & Spreads

- Almond milk
- Coconut milk
- Coconut yogurt
- Lactose-free milk
- Lactose-free yogurt
- Rice milk
- Vegan margarine

Beverages

- Club soda
- Cranberry juice
- Green tea
- Vegetable juice

Cheese

- Brie
- Cheddar
- Colby
- Feta
- Goat
- Mozzarella
- Nut cheese
- Parmesan
- Ricotta
- Soy cheese
- Swiss
- Lactose-free cream cheese
- Lactose-free cottage cheese



FLAVORS & HERBS

Condiments & Additives

- Apple cider vinegar
- Coconut oil
- Mayonnaise
- Mustard
- Olive oil
- Pure maple syrup
- Pure strawberry jam
- Soy sauce
- Tomato sauce
- Vegetable shortening

Herbs (Fresh & Dried)

- Basil
- Capers
- Chives
- Cilantro
- Cinnamon
- Cumin
- Dill
- Ginger
- Nutmeg
- Oregano
- Paprika
- Parsley
- Red pepper flakes
- Rosemary
- Sage
- Thyme

