




Dr Melissa White


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Are you on a Low FODMAP diet?

Here is a list of foods **YOU CAN EAT**:

FRUITS:

Banana
Strawberry
Grapes
Orange/Mandarin
Pineapple
Kiwi Fruit
Passionfruit
Paw Paw
Lime/Lemon
Cranberries/Blueberries/Raspberries/Loganberries
Rhubarb
Star anise
Tangelo
Dragon fruit

And you are allowed a small amount of these (up to)

Grapefruit (½)
Cherries (3)
Lychees (4)
Rambutan (3)
Boysenberry (4)
Dried banana chips (10)

VEGETABLES:

Potato
Pumpkin (Jap)
Tomato
Zucchini
Carrot
Cucumber
Capsicum
Iceberg lettuce
Cabbage/Spinach
Eggplant/Parsnip
Olives
Spring onions – green part
Choko/Kale
Radicchio/Radish





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VEGETABLES (Cont...)

Choy sum/Bok Choy
Alfalfa/Silver beet/pickles
Bamboo shoots
Bean shoots/sprouts
Endive
Squash
Witlof
Okra
Water chestnuts
Taro
Turnip

And you are allowed a small amount of these (up to)

Broccoli (½ cup)
Sweet Potato (½ cup)
Butternut Pumpkin (1/4 cup)
Avocado (1/3)
Celery (½ stick)
Green beans (6)
Artichoke (1/4)
Beetroot (4 slices)
Peas (½ cup)
Snow peas (10)
Fennel (½ cup)
Corn (½ cob)

GRAINS/SEEDS/NUTS:

Oats
Psyllium
100% Spelt bread/Sourdough
Gluten Free bread/pasta/flour
Buckwheat
Rice - noodles/puffed/cakes
Cornflour/Corn flakes/Corn biscuits
Muesli – wheat free, fruit free)
Quinoa/Polenta
Tapioca
Millet/Sorghum
Arrowroot flour
Nuts (< 1 handful) – peanut/pecan/hazelnut/macadamia/walnut
Seeds – sesame/sunflower





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DAIRY:

Hard cheese
Camembert/Brie/Feta
Lactose free milk
Yoghurt low fat/Ice-cream low fat
Almond milk
Rice milk
Soy milk (only if made from soy protein NOT whole soy beans)
Oat milk

OTHER FOODS:

Normal table sugar
Meat/Chicken/Fish
Eggs
Olive oil (including garlic infused)
Herbs – Basil/Dill/Coriander/Chilli/Ginger/Lemongrass/Chives/Cumin/
Cinnamon/Mint/Marjoram/Oregano/Parsley/Rosemary/Thyme
Vinegar/Balsamic
Tofu/Tempeh
Soy sauce/Hoisin Sauce/Oyster Sauce
Vegemite/Peanut Butter
Pickles/Mustard
Golden syrup/Treacle
Turmeric/Wasabi/Seaweed
Dry coconut (1/4 cup)
Asafoetida powder (onion-like powder)
Pretzels (½ cup)
Potato crisps
Quorn mince