



LOW FODMAP DIET

Food Type	Foods to Eat	Foods to Avoid
Vegetables	Lettuce, carrot, cucumber & more	Garlic, beans, onion & more
Fruits	Strawberries, pineapple, grapes & more	Blackberries, watermelon, peaches & more
Proteins	Chicken, eggs, tofu and more	Sausages, battered fish, breaded meats & more
Fats	Oils, butter, peanuts and more	Almonds, avocado, pistachios & more
Starches, cereals & grains	Potatoes, tortilla chips, popcorn & more	Beans, gluten-based bread, muffins & more