

## The Complete List of Low FODMAP Fruits and Vegetables

If you are on a low FODMAP diet, you know that it can be tough to figure out which fruits and vegetables are safe to eat. There are so many different options available, and it can be hard to determine which ones are low in FODMAPs. That is why we have put together this comprehensive guide to low FODMAP fruits and vegetables! In this article, we will discuss which produce is considered low FODMAP, as well as provide a list of some of the most popular options. So, whether you are just starting out on a low FODMAP diet or looking for new ideas, read on for all the information you need!



### What are FODMAPs?

FODMAP is an acronym that stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, And Polyols. FODMAPs are a class of short-chain carbohydrates that some people have trouble digesting, which can cause uncomfortable symptoms such as gas, bloating, cramps, constipation, and diarrhea. These symptoms are typically attributed to irritable bowel syndrome also known as IBS.

### What is the Low FODMAP diet?

The Low FODMAP diet was created by researchers at Monash University in Australia to help people with extreme gastrointestinal symptoms. The diet is designed to help you identify which foods and recipes are causing digestive symptoms and help you avoid them.

### There are 3 steps included in the low FODMAP diet, which we'll dive into below:

- 1 Elimination:** The first section of the diet requires you to eliminate all high FODMAP foods and only eat low FODMAP foods. Eating only low FODMAP foods should ease all digestive symptoms within 2 weeks.
- 2 Reintroduction:** The second section of the diet requires you to reintroduce 5 FODMAPs into your diet separately so you can identify which FODMAPs are a trigger for your symptoms.
- 3 Personalization:** Once you have identified which high FODMAP foods trigger your symptoms, you can personalize your diet however you like. You can even reintroduce some high FODMAP foods to your diet in small quantities.

# Fruits

Please consult Monash Low FODMAP App for specific portion sizes



## Low FODMAP

Banana- firm/green (1 medium)

Blueberries

Cantaloupe/Rockmelon (1/2 cup)

Coconut- desiccated (1/2 cup)

Grapes, all types (6 total)

Honeydew melon (1/2 cup)

Kiwi fruit (2 small)

Lemons & Limes (including juice)

Mandarins

Oranges

Passion fruit

Pineapple (1 cup)

Raspberries

Strawberries (5 medium)



## High FODMAP

Apples

Apricot

Avocado (small quantities may be tolerated)

Blackberries

Cherries

Grapefruit

Mango

Nectarine

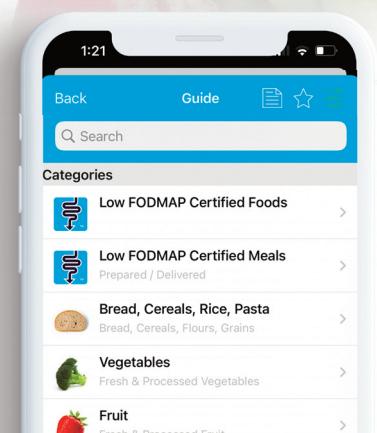
Peaches

Pears

Plums

Raisins and sultanas

Watermelon



## Monash FODMAP App

### The Most Accurate FODMAP Database

Looking for an item not listed here? We recommend downloading the Monash Low FODMAP app where you will find a food database that tells you which foods are low FODMAP foods, and which are high FODMAP foods. Researchers at Monash University created the low FODMAP app, so they are constantly testing and retesting foods to ensure their food database is the most up to date. The Monash FODMAP app is considered the gold standard by doctors and dietitians across the world.

Looking to get started with the Low-FODMAP diet? Let ModifyHealth make it easy with home-delivered Low-FODMAP entrees and optional dietitian support. To learn more, visit [modifyhealth.com](http://modifyhealth.com)

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# Vegetables

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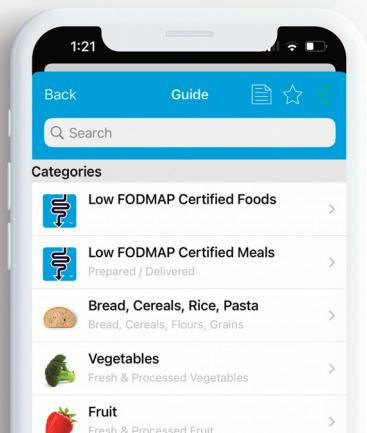
## Low FODMAP

Alfalfa	Lettuce (cos, butter, iceberg)
Bamboo shoots	Mushrooms (canned)
Bean sprouts	Oyster Mushrooms
Beetroot (pickled)	Olives
Bok choy	Spring onion greens, tops only (no bulb)
Broccoli (heads)	Parsnip
Broccolini (stalks only)	Potato
Cabbage (3/4 cup)	Japanese Pumpkin
Capsicum (1/3 cup)	Radish
Carrot	Rocket
Cassava	Silver beet
Chili	Spaghetti squash
Choy Sum	Spinach
Collard Greens	Squash
Corn	Swede
Cucumber	Taro
Edamame	Tomato (1/2 total)
Kale	Turnip
Leeks (leaves only)	



## High FODMAP

Garlic
Spring onion
Onion
Mushrooms
Snow peas
Cauliflower



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