

Cuisine	Low FODMAP herbs & spices
Mexican	Coriander, cumin, paprika, cinnamon, chilli, black pepper, cloves
French	Thyme, nutmeg, rosemary, sage, tarragon, black pepper, saffron, parsley
Italian	Parsley, basil, bay leaves, sage, rosemary, oregano
Asian	Asian chives, chilli, coriander, fenugreek, lemongrass, mint, pandan leaves, thai basil, cardamom, cloves, cumin, fennel seeds, star anise, turmeric, five spice, sesame seeds, cinnamon, ginger, galangal, kaffir lime leaves
Indian/Sri Lankan	Fennel seeds, asafoetida, chilli, cardamom, black pepper, cumin, capers, bay leaves, cinnamon, cloves, coriander, curry leaves, curry powder, fenugreek, goraka, ginger, mint, mustard seeds, nutmeg, poppy seeds, saffron, sesame seeds, tamarind, turmeric, basil, lemongrass, rampa leaves
Middle Eastern	Bay leaves, cardamom, cinnamon, cloves, cumin, ginger, coriander seed, allspice, mint, fenugreek, parsley, sesame seeds, thyme, nutmeg, chilli
Moroccan	Cinnamon, turmeric, ginger, black pepper, paprika, sesame seeds, coriander, saffron, cloves, fennel, fenugreek, mint, parsley, coriander
Spanish	Saffron, paprika, bay leaf, rosemary, parsley, thyme, chilli