

LOW FODMAP + GLUTEN-FREE SNACK LIST

Fruits & Veggie



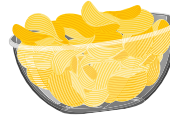
Bananas (unripe)
Kiwi
Grapes
Lettuce
Carrots
Red bell pepper
Cucumber
Tomato
Potatoes
Oranges (navel)
Clementines
Spinach
Strawberries
Blueberries
Edamame

Nuts



Brazil
Walnuts
Pecans
Peanuts
Macadamia
Almonds (limit 10)

Savory Snacks



Plain potato chips
Hard-boiled eggs
Deviled eggs
GF plain tortillas
Rice crackers
Corn tortilla chips
Minute rice
Instant grits
Low FODMAP nutrition bars
Pumpkin seeds
Sunflower seeds
Popcorn
GF cheese quesadillas
Peanut butter
GF pretzels
GF crackers
Caprese salad/sticks
(tomato, mozzarella, basil)
Roasted eggplant slices
Tuna salad with GF crackers
Chicken lettuce wraps
Mozzarella cheese sticks
Nori/seaweed snacks

Sweet Snacks



Dark chocolate
Peanut butter on GF toast
Lactose-free yogurt
Chia pudding
Cereal (lactose-free milk)
Candied pecans
Peanut butter cups (dark)
Boom Chicka Pop Popcorn
Fruit smoothie
DIY trail mix

Candy



Lindt dark chocolate
Marshmallows
Haribo Gummi Bears
Dove: Silky Smooth (dark)
Reese's Pieces
Sour Patch Kids
Swedish Fish
Skittles
Sweet Tarts
Butterfingers
Laffy Taffy