Low FODMAP *food list*

A quick reference for 108 common foods, grouped by how they usually behave on a low FODMAP diet for IBS.

Low · Depends · High

Low FODMAP foods

Generally well tolerated in typical servings.

VEGETABLES

- Bell Pepper (capsicum)
- Bok Choy (pak choi)
- Carrots
- Cucumber
- Eggplant (aubergine)
- Ginger
- Green Beans
- Kale
- Lettuce
- Olives
- Parsnip
- Potatoes
- Radish
- Rocket (Arugula)
- Spinach
- Swede (Rutabaga)
- Tomatoes
- Zucchini (courgette)

FRUIT

- Blueberries
- Cantaloupe (rockmelon)
- Grapes
- Honeydew Melon
- Kiwi
- Lemon
- Oranges
- Papaya
- Pineapple
- Raspberries
- Strawberries

GRAINS

- Quinoa
- Rice

PROTEIN

- Bacon
- Beef (mince)
- Chicken
- Eggs
- Ham
- Pork
- Prawns (Shrimp)
- Salmon
- Tuna
- Turkey

DAIRY

- Butter
- Cheddar Cheese
- Feta
- Lactose-Free Milk
- Mozzarella
- Parmesan

DAIRY ALTERNATIVES

- Almond Milk

NUTS AND SEEDS

- Peanut Butter
- Peanuts (groundnuts)
- Walnuts

SWEETENERS

- Maple Syrup

General guidance, not medical advice. Tolerance and portion sizes vary, so check tested serving sizes with a registered dietitian. Updated November 2026.

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CONDIMENTS

- Mayonnaise

FATS AND OILS

- Olive Oil

SNACKS AND TREATS

- Popcorn

It depends

Portion, ripeness or preparation changes the answer.

VEGETABLES

- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Corn (maize)
- Fennel
- Leeks
- Peas
- Pumpkin
- Snow Peas (mange tout)
- Sweet Potato

FRUIT

- Avocado
- Bananas
- Raisins

GRAINS

- Gluten-Free Bread
- Oats
- Pasta
- Sourdough Bread

PROTEIN

- Protein Powder

DAIRY

- Cottage Cheese
- Greek Yogurt (yoghurt)
- Yogurt (yoghurt)

DAIRY ALTERNATIVES

- Oat Milk
- Soy Milk

LEGUMES

- Chickpeas (garbanzo)
- Edamame
- Lentils
- Tofu

NUTS AND SEEDS

- Almonds

CONDIMENTS

- Ketchup

SNACKS AND TREATS

- Chocolate

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High FODMAP foods

Common triggers. Limit during elimination, then test one at a time.

VEGETABLES

- Artichoke
- Asparagus
- Cauliflower
- Celery
- Mushrooms
- Onion

FRUIT

- Apples
- Apricots
- Blackberries
- Cherries
- Mango
- Nectarines
- Peaches
- Pears
- Plums
- Watermelon

GRAINS

- Wheat Bread

DAIRY

- Cow's Milk

LEGUMES

- Hummus

NUTS AND SEEDS

- Cashews

SWEETENERS

- Agave Syrup
- Honey

How to use this list

- Build meals around the low FODMAP foods, and keep portions modest for the "depends" group.
- Limit the high FODMAP foods during elimination, then reintroduce them one at a time to learn your own triggers.
- Check packaged food labels for hidden garlic, onion, honey and inulin. Scan any barcode or label with FODMAP Scanner.