





Paleo low-FODMAP diet food list

Food groups	Safe 	Be careful*	Avoid 
Vegetables	<p>Alfalfa Bamboo shoots Bean sprouts Bell peppers (capsicums) Bok choy Carrot Cherry tomatoes Chives Cucumber Eggplant Endive Ginger Green beans Kale Lettuce Olives Parsnip Pickles (without sugar) Seaweed, nori Spinach Spring onion (green part only) Swiss chards (silverbeet) Tomatoes Zucchini</p>	<p>Avocado (polyol) Beetroot (fructans) Broccoli (fructans) Brussels sprouts (fructans) Butternut pumpkin (fructans) Cauliflower (polyol) Celery (polyol) Fennel bulb (fructans) Green peas (fructans) Mushrooms (polyol) Sauerkraut (fructans)</p>	<p>Artichoke (fructose) Asparagus (fructose) Cabbage (fructans) Garlic (fructans) Jerusalem artichoke (fructans) Leeks (fructans) Okra (fructans) Onions (fructans) Shallot (fructans) Snow peas (fructans, polyols) Sugar snap peas (fructose) Raddichio (fructans) Tomato sauces & paste (fructose & fructans)</p>
	Fruits	<p>Banana, ripe Blueberry Cantaloupe (rock melon) Grapefruit Honeydew melon Kiwifruit Lemon Lime Mandarin Orange Papaya Passionfruit Pineapple Raspberry Rhubarb Strawberry</p>	<p>Banana, unripe Longon (polyol) Lychee (polyol) Rambutan (polyol) Grapes (10-15/serving; fructose)</p>
Starches		<p>White potatoes Plantains (green, <i>verdes</i>) Turnip Rutabaga (swede) Taro, Cassava/yuca White rice</p>	<p>Sweet potatoes/yams (polyol)</p>
Nuts	<p>X</p>	<p>Most nuts and nut butter (cashews, macadamia, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds)</p>	<p>Pistachios (fructans) Almonds Hazelnuts</p>

Paleo low-FODMAP diet food list (cont'd)

Food groups	Safe 	Be careful*	Avoid 
Dairy	Butter Ghee	Aged cheese (lactose) Cream (only if casein tolerated)	Fresh cheese (lactose) Milk (lactose) Yogurt (lactose and often fructose too if sweetened)
Protein	Meat Poultry Fish and Seafood Eggs Bacon (without high-fructose corn syrup or fructose)	X	Any containing breadings, gravies, stocks, broth, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)
Fats	Coconut oil Ghee, butter, cream Lard Olive oil Macadamia oil Homemade mayo Olives Garlic-infused oil	Avocado (polyol) Guacamole (polyol)	Salad dressings, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)
Treats	X (best to be avoided for a little while)	Dried coconut , unsweetened Coconut sugar Maple syrup Coconut milk/cream/butter Coconut flour Dark chocolate Cocoa powder , unsweetened	High-fructose corn syrup (fructose) Agave syrup (fructose) Honey (fructose) Sugar-free treats (polyol) Artificial sweeteners (can also be a problem for some)
Seasonings and other ingredients	Salt Pepper Fresh herbs Dried herbs Ginger Garlic-infused oil Spices (avoid blends that may contain onion/garlic powder) Vinegars (balsamic, red wine, apple cider) Asafoetida powder (taste similar to onion; for onion-free, low-FODMAP recipes!) Seaweed, nori Olive tapenade Sun-dried tomatoes	Guacamole (polyol)	Chicory (fructans) Fructo-oligosaccharide (fructans) Inulin (fructans) Prebiotic (often is fructans) Onion and garlic powder (fructans) Gums, carrageenan and other thickeners or stabilizers Sugar-alcohols (sorbitol, mannitol, xylitol, isomalt...) Medicine & supplements (read the ingredients or talk to your pharmacist)
Drinks and alcohol	Water Tea (green, oolong, black, mate, rooibos) Homemade bone broth made with safe ingredients (very good for your gut!)	Teas with unsafe fruits Dry wines Coffee <i>*with moderation... alcohol and caffeine are irritants to the gut</i>	Sweeter wines Port wines Beer (contains gluten and some also contain mannitol) Fruit juices Sodas

* Watch your serving and assess your personal tolerance; **for a low-carb version of the Paleo low-FODMAP diet, limit your intake of fruit, starchy vegetables, tubers/roots and treats and base your low-carb, low-FODMAP Paleo diet on non-starchy vegetables, protein, fat and seasonings; ***from references: 1-5

References:

- (1) Eastern Health Clinical School – Monash University. **The Low-FODMAP Diet: Reducing Poorly Absorbed Sugars to Control Gastrointestinal Symptoms.** 2010.
- (2) Muir JG, et al. **Fructans and Free Fructose Content of Common Australian Vegetables and Fruit.** *J. Agric. Food Chem.* 2007; 55: 6619-6627.
- (3) Muir JG, et al. **Measurement of Short-Chain Carbohydrates in Common Australian Vegetables and Fruits by High-Performance Liquid Chromatography (HPLC).** *J. Agric. Food Chem.* **2009**, 57, 554–565
- (4) Shephred SJ, et al. **Fructose Malabsorption and Symptoms of Irritable Bowel Syndrome: Guidelines for Effective Dietary Management.** *J Am Diet Assoc.*2006; 106: 1631-1639.
- (5) Gibson PR, et al. **Evidence-Based Dietary Management of Functional Gastrointestinal Symptoms: The FODMAP Approach.** *Journal of Gastroenterology and Hepatology.* 2010; 25: 252–258.