



Low FODMAP Diet

Allowable Food during the Elimination Phase (~ 4-6 weeks)

Health Education Department | Kaiser Permanente| San Francisco

Elimination Phase

In this initial phase of the diet, you should aim to only eat the foods listed in the chart below. (If using the Monash FODMAP app, only eat the “green” foods/servings as indicated on the app.) Some of the foods listed below have **specific serving sizes** - only eating the portions size listed is critical. If you have more than the serving size listed, it is considered “high fodmap.” If the foods do not have a listed serving size, eat as much as you need at anytime. Additionally, try to not have more than one “serving size” specific foods at each meal or snack to avoid a cumulative effect.

Grains and Starches	Cereals (made with oats, rice, corn, quinoa), buckwheat (cereal, flour, soba noodles), ½ cup dry oatmeal, GF bread (brands: Udis, Food for Life), corn tortillas/chips, polenta, popcorn, potato, quinoa, rice (brown and white), wild rice, potato chips, crackers (made with rice or corn), GF pasta (made with rice, quinoa, or corn), plantains
Proteins	Beef, pork, duck, chicken, fish, lamb, turkey, seafood (any kind), eggs, quorn, firm tofu, tempeh
Fruits	½ Banana (less ripe preferred), ½ cup (“c”) blueberries, ½ c cantaloupe, 1 medium clementine/mandarin, ½ c cranberries (fresh), 1 Tbsp dried cranberries, ½ c grapes, ½ c honeydew melon, 1 medium kiwi, ½ c lemon juice, 1/3 c lime juice, 1/3 c orange juice, 1 small orange, ½ c pineapple, ½ c raspberries, ½ c rhubarb, ½ c strawberries, 1 medium tangelo, 2 small passionfruit, 1 c papaya, 4 small kumquats, 1 c durian, ½ c dragon fruit, 2 medium guava, tamarind
Beverages	12 fl oz Beer, 8 fl oz coffee, 1 espresso Shot, 1.5 fl oz spirits (except rum), tea (white, black, green, white, ginger, peppermint), 4 fl oz wine (not dessert)

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Adapted from Patsy Catsos “lbs – Free at last”
and Monash FODMAP APP



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Vegetables	Alfalfa sprouts, arugula, 2 slices beets, ½ c broccoli, bamboo shoots, bean sprouts, ½ c bok choy, ½ c butternut squash, carrots, 1 celery stalk, tomatoes and cherry tomatoes, red chili, chive, ½ corn cob, cucumber, eggplant, endive, ½ c fennel, ½ c green bell pepper, ½ c green beans, ½ c green peas, kabocha squash, ½ c cooked kale, leaf lettuce, ½ c okra, parsnip, summer squash, radish, red/orange/yellow bell pepper, green onions (green part only), seaweed/nori, spinach (raw, cooked), ½ c sweet potato, ½ c turnip, water chestnuts, zucchini
Fats and Oils	1/8 Avocado, ½ c dried coconut, oil (olive, canola, coconut, etc.), mayo, olives, coconut cream, coconut milk, butter, 2 tbsp half-and-half, ¼ c whipped heavy cream, 2 tbsp sour cream, ½ oz or 2 tbsp nuts (except cashews and pistachios), chia seeds, peanut butter, 1 tbsp almond butter, 2 tbsp seeds (sesame, pine nuts, sunflower, pumpkin, pepitas), 2 tbsp tahini, 1 tbsp flax seeds/meal
Milk, yogurt, Cheese and Dairy Alternatives	Hard cheese (cheddar, swiss, parmesan, brie, feta, mozzarella), lactose-free cottage cheese, lactose-free milk, lactose-free yogurt, 1 oz goat cheese, 1/3 c ricotta cheese, 2 tbsp cream cheese, almond milk, rice milk, ½ c hemp milk, macadamia Milk
Other	Nutritional Yeast, 1 tbsp Balsamic Vinegar, Vinegars (not balsamic), Mustard, Soy sauce, 1 oz Dark chocolate, Pure maple syrup, brown, white & raw sugar, 1.5 tbsp jam/jelly (with allowed fruits), ½ c Sorbet (with allowed ingredients), ½ c lactose free ice cream (with allowed ingredients)

Legend

GF - Gluten Free
C – Cup

T – Tablespoon
Oz – Ounce



High FODMAP Food List

Foods to Avoid during the Elimination Phase

Grains, Starches, and Legumes	Beans & lentils, hummus, barley, wheat products (bulgar, bran, bread, cereals, couscous, pancakes, waffles, pita, tortillas, roti, naan, chapattis, bagels, wheat berries, flour, pasta, noodles), rye products, nutrition/granola/protein bars with high fodmap ingredients, cereals made with high fodmap ingredients (granola, bran, shredded wheat, etc)
Proteins	Meat/poultry/fish marinated in high fodmap ingredients, silken tofu
Fruits	Apple, apricot, cherries, dates, figs, blackberry, pears, peaches, mango, lychee, nectarine, persimmon, prunes, raisins, watermelon, pomegranate, fruit juice & any fruits in higher portions than listed on allowable food list (see page 1)
Beverages	Emergen-C packets, Vitamin Water, regular Soda, aloe drinks, instant coffee, hot chocolate, drinks with erythritol, fruit juice, kombucha, hot chocolate mix, eggnog, tea: chamomile, fennel, oolong, strong chai
Vegetables	Artichokes, asparagus, avocado, bitter melon, brussel sprouts, cabbage, cauliflower, garlic, mushrooms, onions, shallots, leeks (white part), scallions (white part), snow peas, sugar snap peas, tomato paste, sun dried tomatoes & any vegetables in higher portions than listed on allowable food list (see page 2)
Fats and Oils and Nuts	Cashew and pistachios
Dairy and Alternatives	Cows/goat/sheep milk, yogurt, kefir, soy milk, oat milk, ricotta cheese, cottage cheese, ice cream, frozen yogurt, evaporated milk, dry milk solids
Other	Garlic & onion powder, garlic & onion salt, rum, agave syrup, chicory root, inulin, cocoa powder, honey, high fructose corn syrup, ketchup, molasses, sherry or port wine, sugar-free candy and gum



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Label Reading

Ingredients **ALLOWED**

Aspartame
Baking powder
Baking soda/sodium bicarbonate
Brown rice syrup
Cane juice crystals
Cane sugar
Cocoa butter
Corn starch
Corn syrup (not high-fructose)
Guar gum
Gum Acacia
Gum Arabic
Malt extract
Maltodextrin
Modified food starch
Salt
Soy lecithin
Soybean oil
Spelt flour
Stevia
Sucralose
Vital wheat gluten
Wheat starch
Whey protein isolate
Xanthan gum

Ingredients to **AVOID**

Agave syrup
All-purpose flour
Bulgur wheat
Chicory root extract or fiber
Cocoa powder
Coffee (instant/freeze dried)
Crystalline fructose
Dry milk solids
Erythritol
Fructose solids
Fruit juice concentrates (any type)
Goat's milk (unless lactose-free)
High-fructose corn syrup (HFCS)
Honey
Inulin
Kamut
Maltitol
Miso
Molasses
Sorbitol
Texturized vegetable protein
Tomato paste
Whey protein concentrate (unless lactose-free)
Xylitol



Low Fodmap Diet

Cooking Tips

Avoid these high fodmap ingredients	Instead try these low fodmap alternative
Onion, leek	Chives, the green part of scallions/green onions
Garlic	Garlic-infused oil
Stock/broth	Home-made Low fodmap stock
Pasta	Gluten-free noodles made with rice, corn, or quinoa
Honey, agave	Maple syrup
Cashews, pistachios	Peanuts, macadamia nuts, pine nuts
Cows milk, yogurt	Almond milk, lactose-free cow's milk/yogurt
Wheat flour	Rice flour, sorghum

Low FODMAP Flavors:

Allspice, Basil, Bay leaf, Black pepper, Chives, Cilantro, Coriander, Dill, Dry mustard powder, Fish sauce, Five spice, Garlic-infused oil (no garlic “extract”), Ginger, Ground chile powder (100% chiles, not a blend), Ground cumin, Lemon or lime juice, Marjoram, Mustard, prepared (without garlic), Oregano, Paprika (regular or smoked), Parsley, Rosemary, Salt, Scallions (green part only), Sesame oil (toasted or spicy), Soy sauce, Tamari, Turmeric, Vinegars (limit 2 Tbsp balsamic)



Low Fodmap Diet

Meal and Snack Ideas

Breakfast:

- Smoothie made with 1 cup Almond milk, ice, ½ cup frozen strawberries, handful of spinach, fresh ginger, 2 tbsp peanut butter
- Egg scramble with chives, bell peppers, zucchini and cheddar cheese, served with 1 slice of gluten free toast and 1 small orange
- ½ cooked oatmeal, topped with ½ banana, lactose free milk, 1 tbsp peanut butter; serve with hard-boiled egg

Lunch:

- Salad made with hard-boiled egg, feta, chopped veggies (carrot, cucumber, radish, cherry tomatoes), topped with quinoa and tossed with homemade dressing
- Rice bowl: brown rice, ½ cup of sweet potatoes, grilled tofu or chicken marinated in soy and ginger, 1 cup steamed bok choy, shredded carrots, 2 tbsp chopped peanuts; dressed with sesame oil and soy sauce
- Sandwich made with 2 slices of gluten-free bread. Tuna salad with mayo, mustard, celery, lemon, dill; 1 cup of grapes.



Low Fodmap Diet

Meal and Snack Ideas

Dinner:

- Fish tacos on corn tortillas with sauteed red bell peppers, green onion (tops only) and zucchini in olive oil, served with chopped tomato, cilantro, 1/8 of a large avocado
- Gluten-free pasta with ground turkey/beef, homemade fodmap sauce (or purchased FODY sauce) and grated parmesan; serve with green salad with tomato, cucumber, shredded carrot; dressed with olive oil and vinegar.
- Grilled or pan-fried salmon with tartar sauce, baked potato topped with chives, lactose-free sour cream, shredded cheddar cheese; served with steamed or sauteed green beans and carrots.

Snacks:

- 1 cup lactose-free yogurt with ½ cup of blueberries and 1 tbsp toasted sliced almonds
- Carrots with 2 tbsp peanut butter
- Lactose-free cottage cheese and ½ cup of pineapple
- Handful of peanuts and gluten-free pretzels dipped in mustard
- 1 oz of cheddar cheese with rice crackers and handful of cherry tomatoes
- Rice cake with 1 tbsp peanut butter and ½ sliced banana



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Eating Out and Travel Tips

Traveling

- Consider completing the diet and challenge phase before traveling
- If you must travel, bring low fodmap snacks; pack in travel bag with easy access (non-perishables)
- Order gluten-free meal for flight
- Consider booking accommodations with a kitchen/kitchenette
- Learn the local words for common trigger foods to help avoid them

Eating out

- Research restaurants and look up menus ahead of time
- Order simple starches, steamed rice, baked potato, etc.
- Look for gluten-free menus or gluten-free options on menu
- Ask for sauces on the side
- Ask for dishes prepared without garlic and onion
- Avoid dishes prepared with stock/broths
- Avoid heavily-sauced dishes and stews because they usually contain onion



Low Fodmap Diet

Keep us updated! Contact your KP Care Team!

To most effectively guide you through dietary therapy, **we want to hear how you are doing**. Please book an appointment with a Registered Dietitian to help with the Reintroduction Phase of the FODMAP diet. **Call the Nutrition Clinic at 415-833-3450**

This handout was adapted from:

- **Patsy Catsos “Ibs – Free at last”**
- **Monash FODMAP App**

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