# Low FODMAP Chart PDF: 44 Foods With Simple Serving Sizes

Free printable. Full guide and tips: https://betterlifecarez.com/low-fodmap-chart-pdf/

## Low FODMAP Chart PDF: 44 Foods and Serving Sizes

Legend: Servings are approx. rounded from Monash University lab testing. Bigger portions may become moderate or high FODMAP.

Easiest, most flexible picks come first in each group. Stick to one portion per food per meal, and space meals and snacks a few hours apart.

### Vegetables

| Food | Low FODMAP serving (approx.) | Watch out for |
|---|---|---|
| Carrots | 1 medium | Very low at most portions |
| Potatoes | 1 medium | Garlicky or oniony toppings |
| Baby spinach | 1.5 cups raw | Very low at usual portions |
| Cucumber | 1/2 cup sliced | Very low at usual portions |
| Bok choy | 1 cup chopped | Very low at usual portions |
| Broccoli florets | 3/4 cup | Stalks are higher FODMAP |
| Green beans | About 15 beans | Bigger plates add polyols |
| Eggplant | 1 cup cubed | Sorbitol rises above this |
| Zucchini | 1/3 cup chopped | Fructans rise at bigger portions |

### Fruits (one serving per sitting)

| Food | Low FODMAP serving (approx.) | Watch out for |
|---|---|---|
| Orange | 1 medium | Juice is easy to overdo |
| Strawberries | About 5 medium | Big bowls add fructose |
| Pineapple | 1 cup chunks | Dried pineapple is higher |
| Firm banana | 1 medium | Ripe, spotty banana: 1/3 only |
| Kiwi | 2 small | Higher at larger portions |
| Cantaloupe | 3/4 cup diced | Higher at larger portions |
| Raspberries | About 30 berries | Fructose rises above this |
| Papaya | 1 cup diced | Keep to one fruit per meal |

## Grains and Starches

| Food | Low FODMAP serving (approx.) | Watch out for |
|---|---|---|
| White rice | 1 cup cooked | Very low at usual portions |
| Brown rice | 1 cup cooked | Very low at usual portions |
| Quinoa | 1 cup cooked | Very low at usual portions |
| Rolled oats | 1/2 cup dry | Bigger bowls add fructans |
| Corn tortillas | 2 tortillas | Check for added bean flours |
| Wheat sourdough | 2 slices | Choose traditionally fermented loaves |
| Gluten-free bread | 2 slices | Labels with inulin or honey |

## Meat, Fish, Eggs and Tofu

| Food | Low FODMAP serving (approx.) | Watch out for |
|---|---|---|
| Eggs | 2 large | FODMAP free; watch sauces |
| Chicken | 4 oz (about 115 g) | Marinades often hide garlic |
| Fish and shellfish | 4 oz (about 115 g) | Breaded coatings may contain wheat |
| Beef, pork, lamb | 4 oz (about 115 g) | Sausages often contain onion |
| Firm tofu | 2/3 cup cubed | Silken tofu is high FODMAP |
| Tempeh | About 3.5 oz (100 g) | Flavored versions with garlic |

## Legumes, Nuts and Seeds

| Food | Low FODMAP serving (approx.) | Watch out for |
|---|---|---|
| Peanuts | About 1 oz (28 g) | Peanut butter: about 2 tbsp |
| Walnuts | About 10 halves | Cashews and pistachios are high |
| Canned lentils | 1/4 cup, rinsed | Canned and rinsed beats dried |
| Canned chickpeas | 1/4 cup, rinsed | Hummus usually contains garlic |

## Dairy and Alternatives

| Food | Low FODMAP serving (approx.) | Watch out for |
|---|---|---|
| Lactose-free milk | 1 cup (about 240 ml) | Regular milk is high lactose |
| Cheddar cheese | 1.5 oz (about 40 g) | Soft fresh cheeses are higher |
| Butter | 1 tbsp | Very low lactose |
| Almond milk | 1 cup (about 240 ml) | Added inulin or chicory root |
| Lactose-free yogurt | About 6 oz | Honey or high FODMAP fruit |

## Flavor Boosters

| Food | Low FODMAP serving (approx.) | Watch out for |
|---|---|---|
| Garlic-infused oil | 1 tbsp | Buy store-made, no garlic pieces |
| Scallion greens | Green tops only | White bulbs are high FODMAP |
| Fresh ginger | 1 tsp grated | Very low at usual portions |
| Soy sauce | 2 tbsp | Sodium if you limit salt |
| Maple syrup | 2 tbsp | Honey and agave are high |

## Quick Swaps for Common Trigger Foods

- Onion: swap for scallion greens or chives.
- Garlic: swap for garlic-infused oil.
- Regular milk: swap for lactose-free milk.
- Apples or pears: swap for an orange or kiwi.
- Cashews: swap for walnuts or peanuts.
- Honey: swap for maple syrup.