

Do you have IBS or other gastro-intestinal issues? A Low FODMAP diet can improve symptoms!
 Call us, we can help 215-801-8757



LOW-FODMAP FRIENDLY FOODS

Fruit	banana, blueberry, boysenberry, cantaloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwi, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo
Vegetables	alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, olives, parsnip, potato, pumpkin, red capsicum, silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini herbs: basil, chili, corinader, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme
Grains	gluten-free bread or cereal products, 100% spelt bread, rice, oats, polenta, arrowroot, millet, psyllium, quinoa, sorgum, tapioca
Milk Products	lactose-free milk, oat milk, rice milk, soy milk, hard cheeses, brie, camembert, lactose-free yogurt ice cream substitutes: gelati, sorbet butter substitute: olive oil
Other	sugar(sucrose), glucose, artificial sweeteners not ending in '-ol' , golden syrup, maple syrup, molasses, treacle