

# Vegetables and Legumes

## Garlic – avoid entirely if possible

*Includes garlic salt, garlic powder*

## Onions – avoid entirely if possible

*Includes onion powder, small pickled onions*

Artichoke  
Asparagus  
Baked beans  
Beetroot, fresh  
Black eyed peas  
Broad beans  
Butter beans  
Cassava  
Cauliflower  
Celery – *greater than 5cm of stalk*  
Choko  
Falafel  
Fermented cabbage e.g. sauerkraut  
Haricot beans  
Kidney beans  
Lima beans  
Leek bulb  
Mange Tout  
Mixed vegetables  
Mung beans  
Mushrooms  
Peas, sugar snap  
Pickled vegetables  
Red kidney beans  
Savoy Cabbage – *over 1/2 cup*  
Soy beans / soya beans  
Split peas  
Scallions / spring onions (*bulb / white part*)  
Shallots  
Taro

Alfalfa  
Bamboo shoots  
Bean sprouts  
Beetroot, *canned and pickled*  
Black beans – 1/4 cup / 45g  
Bok choy / pak choi  
Broccoli, whole – 3/4 cup  
Broccoli, heads only – 3/4 cup  
Broccoli, stalks only – 1/3 cup  
Broccolini, whole – 1/2 cup chopped  
Broccolini, heads only – 1/2 cup  
Broccolini, stalks only – 1 cup  
Brussels sprouts – 2 sprouts  
Butternut squash – 1/4 cup  
Cabbage, common and red up to 3/4 cup  
Callaloo  
Carrots  
Celeriac  
Celery – *less than 5cm of stalk*  
Chicory leaves  
Chick peas – 1/4 cup  
Chilli – if tolerable  
Chives  
Cho cho – 1/2 cup diced  
Choy sum  
Collard greens  
Corn / sweet corn – *if tolerable and only in small amounts* – 1/2 cob  
Courgette – 65g  
Cucumber  
Eggplant / aubergine (1 cup)  
Fennel  
Green beans  
Green pepper / green bell pepper / green capsicum – 1/2 cup  
Ginger  
Kale  
Karela  
Leek leaves  
Lentils – in small amounts  
Lettuce:  
Butter lettuce  
Iceberg lettuce  
Radicchio lettuce  
Red coral lettuce  
Rocket lettuce  
Romaine/Cos lettuce  
Marrow  
Okra  
Olives  
Parsnip  
Peas, snow – 5 pods  
Pickled gherkins  
Pickled onions, large  
Potato  
Pumpkin  
Pumpkin, canned – 1/4 cup, 2.2 oz  
Radish  
Red peppers / red bell pepper / red capsicum  
Scallions / spring onions (green part)  
Seaweed / nori  
Silverbeet / chard  
Spaghetti squash  
Spinach, baby  
Squash  
Sun-dried tomatoes – 4 pieces  
Swede  
Swiss chard  
Sweet potato – 1/2 cup  
Tomato – canned, cherry, common, roma  
Tomato, canned – 3/5 cup  
Tomato, common – 1 small  
Tomato, cherry – 5 cherries  
Tomatillo, fresh – 1 cup  
Tomatillos, canned – 75g  
Turnip – 1/2 turnip  
Water chestnuts  
Yam  
Zucchini – 65g

# Fruits

Apples *including pink lady and granny smith*

Apricots

Avocado

Bananas, ripe

Blackberries

Blackcurrants

Boysenberry

Cherries

Currants

Custard apple

Dates

Feijoa

Figs

Goji berries

Grapefruit – over 80g

Guava, unripe

Lychee

Mango

Nectarines

Paw paw, dried

Peaches

Pears

Persimmon

Pineapple, dried

Plums

Pomegranate

Prunes

Raisins – over 1 tbsp / 13g

Sea buckthorns

Sultanas

Tamarillo

Tinned fruit in apple / pear juice

Watermelon

Ackee

Bananas, unripe – 1 medium

Bilberries

Blueberries – 1/4 cup

Breadfruit

Carambola

Cantaloupe – 3/4 cup

Cranberry – 1 tbsp

Clementine

Coconut, cream – 1/4 cup

Coconut, flesh – 2/3 cup

Dragon fruit

Lingonberries

Grapes

Guava, ripe

Honeydew and Galia melons – 1/2 cup

Kiwifruit – 2 small

Lemon including lemon juice

Lime including lime juice

Mandarin

Orange

Passion fruit

Paw paw

Papaya

Pineapple

Plantain, peeled

Prickly pear / nopales

Raspberry – 30 berries

Rhubarb

Strawberry

Tamarind

Tangelo

# Meats, Poultry, Meat Substitutes, and Seafood

Chorizo if garlic added  
Sausages

Beef  
Chicken  
Chorizo  
Foie gras  
Kangaroo  
Lamb  
Pork  
Prosciutto  
Quorn, mince  
Turkey  
Cold cuts / deli meat / cold meats such as ham and turkey breast  
Processed meat – *check ingredients*  
Canned tuna  
Fresh fish e.g.  
Cod  
Haddock  
Plaice  
Salmon  
Trout  
Tuna  
Seafood (*ensuring nothing else is added*) e.g.  
Crab  
Lobster  
Mussels  
Oysters  
Prawns  
Shrimp

## Cereals, Grains, Breads, Biscuits/Cookies, Pasta, Nuts, and Cakes

Wheat containing products such as (*be sure to check labels*):

Biscuits / cookies including chocolate chip cookies

Bread, wheat – over 1 slice

Breadcrumbs

Cakes

Cereal bar, wheat based

Croissants

Crumpets

Egg noodles

Muffins

Pastries

Pasta, wheat over 1/2 cup cooked

Udon noodles

Wheat bran

Wheat cereals

Wheat flour

Wheat germ

Wheat noodles

Wheat rolls

Almond meal

Amaranth flour

Barley including flour

Bran cereals

Bread:

Granary bread

Multigrain bread

Naan

Oatmeal bread

Pumpernickel bread

Roti

Sourdough with kamut

Cashews

Chestnut flour

Cous cous

Einkorn flour

Freekeh

Gnocchi

Granola bar

Muesli cereal

Muesli bar

Pistachios

Rye

Rye crispbread

Semolina

Spelt flour

Wheat free breads

Gluten free breads

Bread:

Corn bread

Rice bread

Spelt sourdough bread

Potato flour bread

Wheat free or gluten free pasta

Bread, wheat – 1 slice

Almonds – 10 almonds

Biscuit, cream cracker – 4 crackers

Biscuit, oatcakes – 4 cakes

Biscuit, savory – 2 biscuits

Biscuit, shortbread – 1 biscuit

Biscuit, sweet, plain – 2 biscuits

Biscuit, wholegrain oat cereal biscuit – 2 biscuits

Brazil nuts

Bulgur / bourghal – 1/4 cup cooked, 44g serving

Buckwheat

Buckwheat flour

Buckwheat noodles

Brown rice / whole grain rice

Chestnuts

Chips, plain / potato crisps, plain

Cornflour / maize

Crispbread

Corncakes

Cornflakes – 1/2 cup

Cornflakes, gluten free

Corn, creamed and canned (up to 1/3 cup)

Corn tortillas, 3 tortillas

Crackers, plain

Flax seeds / linseeds – up to 1 tbsp

Hazelnuts – 10 hazelnuts

Kellogg's (US):

Corn Flakes

Crispix

Frosted Flakes

Frosted Krispies

Rice Krispies

Macadamia nuts

Millet

Mixed nuts

Oatmeal, 1/2 cup

Oats

Oatcakes

Peanuts

Pecans – 10 halves

Pine nuts

Polenta

Popcorn

Porridge and oat based cereals

Potato flour

Pretzels

Quinoa

Pasta, wheat – up to 1/2 cup cooked

Rice:

Basmati rice

Brown rice

Rice noodles

White rice

Rice bran

Rice cakes

Rice crackers

Rice flakes

Rice flour

Seeds:

Chia seeds

Dill seeds

Egusi seeds

Hemp seeds

Poppy seeds

Pumpkin seeds

Sesame seeds

Sunflower seeds

Starch, maize, potato and tapioca

Sorghum

Tortilla chips / corn chips

Walnuts

## Condiments, Dips, Sweets, Sweeteners, and Spreads

Agave  
 Caviar dip  
 Fructose  
 Fruit bar  
 Gravy, *if it contains onion*  
 High fructose corn syrup (HFCS)  
 Hummus / houmous  
 Honey  
 Jam, mixed berries  
 Jam, strawberry, *if contains HFCS*  
 Molasses  
 Pesto sauce  
 Quince paste  
 Relish / vegetable pickle  
 Stock cubes  
 Sugar free sweets containing polyols –  
*usually ending in -ol or isomalt*  
 Sweeteners and corresponding E num-  
 ber:  
 Inulin  
 Isomalt (E953 / 953)  
 Lactitol (E966 / 966)  
 Maltitol (E965 / 965)  
 Mannitol (E241 / 421)  
 Sorbitol (E420 / 420)  
 Xylitol (E967 / 967)  
 Tzatziki dip

Aspartame  
 Acesulfame K  
 Almond butter  
 Barbecue sauce – *check label carefully*  
 Capers in vinegar  
 Capers, salted  
 Chocolate:  
   Dark chocolate – 5 squares  
   Milk chocolate – 4 squares  
   White chocolate – 3 squares  
 Chutney, 1 tablespoon  
 Dijon mustard  
 Erythritol (E968 / 968)  
 Fish sauce  
 Golden syrup – 1 tsp  
 Glucose  
 Glycerol (E422 / 422)  
 Jam / jelly, strawberry  
 Jam / jelly, raspberry – 2 tbsp  
 Ketchup (USA) – 1 sachet  
 Maple syrup  
 Marmalade  
 Marmite  
 Mayonnaise – *ensuring no garlic or onion in ingredients*  
 Miso paste  
 Mustard  
 Oyster sauce  
 Pesto sauce – less than 1 tbsp  
 Peanut butter  
 Rice malt syrup  
 Saccharine  
 Shrimp paste  
 Soy sauce  
 Sriracha hot chilli sauce – 1 tsp  
 Stevia  
 Sweet and sour sauce  
 Sucralose  
 Sugar – also called sucrose  
 Tahini paste  
 Tamarind paste  
 Tomato sauce (outside USA) –  
 2 sachets, 13g  
 Vegemite  
 Vinegars:  
   Apple cider vinegar, 2 tbsp  
   Balsamic vinegar, 2 tbsp  
   Rice wine vinegar  
 Wasabi  
 Worcestershire sauce – *has onion and garlic but very very low amount making it low FODMAP*

## Drinks and Protein Powders

Beer – *if drinking more than one bottle*  
Cordial, apple and raspberry with 50-100% real juice  
Cordial, orange with 25-50% real juice  
Fruit and herbal teas with apple added  
Fruit juices in large quantities  
Fruit juices made of apple, pear, mango  
Kombucha  
Malted chocolate flavored drink  
Meal replacement drinks containing milk based products *e.g. Ensure, Slim Fast*  
Orange juice in quantities over 100ml  
Quinoa milk  
Rum  
Sodas containing High Fructose Corn Syrup (HFCS)  
Soy milk made with soy beans – *commonly found in USA*  
Sports drinks  
Tea:  
Black tea with added soy milk  
Chai tea, strong  
Dandelion tea, strong  
Fennel tea  
Chamomile tea  
Herbal tea, strong  
Oolong tea  
Wine – *if drinking more than one glass*  
Whey protein, concentrate *unless lactose free*  
Whey protein, hydrolyzed *unless lactose free*

Alcohol – *is an irritant to the gut, limited intake advised:*

Beer – *limited to one drink*

Clear spirits such as Vodka

Gin

Whiskey

Wine – *limited to one drink*

Coffee:

Espresso coffee, regular or decaffeinated, black

Espresso coffee, regular or decaffeinated, *with up to 250ml lactose free milk*

Instant coffee, regular or decaffeinated, black

Instant coffee, regular or decaffeinated, *with up to 250ml lactose free milk*

Coconut, milk – 125ml

Coconut, water – 100ml

Drinking chocolate powder

Fruit juice, 125ml *and safe fruits only*

Kvass

Lemonade – *in low quantities*

Protein powders:

Egg protein

Rice protein

Sacha Inchi protein

Whey protein isolate

Soya milk made with soy protein

Sugar free fizzy drinks / soft drinks / soda – *such as diet coke, in low quantities as aspartame and acesulfame k can be irritants*

'Sugar' fizzy drinks / soft drinks / soda that do not contain HFCS such as lemonade, cola. *Limit intake due to these drinks being generally unhealthy and can cause gut irritation*

Tea:

Black tea, weak e.g. PG Tips

Chai tea, weak

Fruit and herbal tea, weak – *ensure no apple added*

Green tea

Peppermint tea

White tea

Water

## Dairy Foods and Eggs

Buttermilk  
Cheese, ricotta  
Cream  
Custard  
Gelato  
Ice cream  
Kefir  
Milk:  
Cow milk  
Goat milk  
Evaporated milk  
Sheep's milk  
Sour cream – over 2tbsp  
Yoghurt

Butter  
Cheese:  
Brie  
Camembert  
Cheddar  
Cottage – 2 tablespoons  
Cream Cheese – 2 tbsp  
Feta  
Goat / chevre  
Haloumi – 40g  
Monterey Jack  
Mozzarella  
Paneer – 2 tbsp  
Parmesan  
Ricotta – 2 tablespoons  
Swiss  
Dairy free chocolate pudding  
Eggs  
Margarine  
Milk:  
Almond milk  
Hemp milk – 125ml  
Lactose free milk  
Macadamia milk  
Oat milk – 30 ml, enough for cereal  
Rice milk  
Sorbet  
Soy protein (*avoid soya beans*)  
Swiss cheese  
Tempeh  
Tofu – *drained and firm varieties*  
Whipped cream  
Yoghurt:  
Coconut yoghurt  
Greek yoghurt – 23g  
Lactose free yoghurt  
Goats yoghurt

## Cooking Ingredients, Herbs, and Spices

Carob powder / carob flour

## Prebiotic Foods

*The follow items may be hiding in  
yoghurts, snack bars etc:*

FOS – fructooligosaccharides  
Inulin  
Oligofructose

### Herbs:

Basil  
Bay leaves  
Cilantro  
Coriander  
Curry leaves  
Fenugreek  
Gotukala  
Lemongrass  
Mint  
Oregano  
Pandan  
Parsley  
Rampa  
Rosemary  
Sage  
Tarragon  
Thyme

### Spices:

All spice  
Black pepper  
Cardamon  
Chili powder (*check ingredients, sometimes has garlic added*)  
Chipotle chili powder  
Cinnamon  
Cloves  
Cumin  
Curry powder  
Fennel seeds  
Five spice  
Goraka  
Mustard seeds  
Nutmeg  
Paprika  
Saffron  
Star anise  
Turmeric

### Oils:

Avocado oil  
Canola oil  
Coconut oil  
Olive oil  
Peanut oil  
Rice bran oil  
Sesame oil  
Soybean oil  
Sunflower oil  
Vegetable oil  
Garlic infused oil  
Onion infused oil  
Acai powder  
Asafoetida powder – *great onion substitute*  
Baking powder  
Baking soda  
Cacao powder  
Cocoa powder  
Cream, 2 tablespoons  
Gelatine  
Ghee, clarified butter – 1  
tbsp  
Icing sugar  
Lard  
Mango Powder – 1 tsp  
Nutritional yeast  
Salt  
Soybean oil  
Tahini, hulled – 30g