

# Printable FODMAP Food List

(134 foods to PRINT today)

Get the full *Reasonable SIBO* PDF guide at <https://agutsgirl.com/reasonable-sibo/>

- Allspice
- Coconut yogurt
- Almond milk
- Apple Cider Vinegar
- Arrowroot flour (for baking)
- Artichoke, just the hearts
- Arugula
- Avocado oil
- Banana (unripe + also dried bananas)
- Basil
- Bay leaf
- Beef
- Bison
- Blueberry
- Bok choy
- Bone broth
- Brazil nuts
- Brie cheese
- Broccoli (heads only)
- Cantaloupe
- Capers
- Cardamom
- Carrots
- Cassava
- Coconut sugar
- Celery
- Chia seed
- Chicken
- Cilantro
- Cinnamon
- Clementine
- Coconut (shredded, dried)
- Coffee
- Collard greens
- Cucumber
- Coconut aminos
- Daikon
- Dark chocolate
- Dill
- Coconut milk
- Eggplant
- Eggs
- Espresso
- Fennel (leaves only)
- Fish sauce
- Coconut oil
- Flaxseed
- Green tea
- Ginger
- Goat cheese
- Grapes
- Green Banana Flour (for baking)
- Green Beans
- Hempseed
- Kale
- Kelp Noodles
- Kiwi
- Kombu
- Lamb
- Leek (leaves only, up to 2/3 cup)
- Lemon
- Lemongrass
- Lettuce (radicchio, iceberg, romaine, butter)
- Lime
- Macadamia
- Mandarin orange
- Maple syrup
- Marjoram
- Monk Fruit
- Mozzarella cheese
- Mustard (plain + Dijon)
- Nori
- Nutmeg
- Nutritional Yeast
- Olive oil
- Olives
- Orange
- Oregano
- Parsley
- Parsnip
- Pecan
- Peanut Butter
- Peanut
- Red Bell Pepper
- Pine nut
- Pineapple
- Plantain
- Polenta
- Popcorn (plain or with my own, added oil)
- Pumpkin (Japanese, canned)
- Quinoa + Quinoa Pasta
- Radish
- Raspberry
- Red Wine Vinegar
- Rice milk
- Rhubarb
- Rice
- Rice cakes
- Rosemary
- Rutabaga
- Saffron
- Red Cabbage
- Sage
- Salmon
- Scallops
- Sesame seed
- Shrimp
- Snapper
- Spaghetti squash
- Sparkling water
- Spinach
- Spring onion (green part only)
- Strawberry
- Sunflower seed
- Sweet potato (it is a favorite, and it's technically low-FODMAP, but I still maintain that many people with gut issues have a hard time digesting the sweet potato)
- Swiss chard
- Taro
- Tarragon
- Thyme
- Tiger nuts
- Tomato sauce
- Tomatoes
- Tuna
- Turkey
- Turmeric
- Turnip
- Vanilla
- Vodka
- Walnut
- Walnut milk
- Water chestnut
- Watercress
- Yam
- Zucchini