

# Low FODMAP GROCERY LIST

By Kate Scarlata MPH, RDN, FODMAP & IBS expert

## GRAINS

GF pasta (*rice, quinoa, corn*)  
Millet  
Oat Bran  
Oats  
Polenta  
Quinoa  
Rice (*brown, white, basmati*)  
Rice bran



## BRAND NAME CEREALS

Ancient Harvest Quinoa Flakes  
Bob's Red Mill Mighty Tasty Hot Cereal  
Cheerios  
Eden Brown Rice Flakes, Organic  
Nature's Path EnviroKidz Gorilla Munch  
Nature's Path Panda Puffs Cereal

## BREADS

Corn tortillas  
Food For Life Brown Rice Tortillas  
Food For Life GF Multi Seed English Muffins  
Millet Bread  
Sourdough (*white, wheat, spelt*)  
Schär Wholesome White Loaf  
Schär Seeded Ciabatta Rolls

## FLOUR & BAKING SUPPLIES

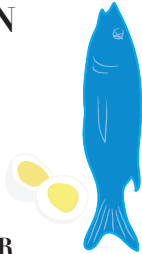
Aleias GF Original Real Panko  
Bisquick™ GF pancake and baking mix  
Cocoa powder  
Dark Chocolate  
GF Flour (*corn, millet, quinoa, sorghum, buckwheat, rice*)  
King Arthur's GF all purpose flour  
Pure maple syrup  
Pumpkin (*canned*)  
Starch (*potato, tapioca, corn*)  
Stevia  
Sugar (*palm, brown, granulated*)  
Vanilla

## SPICES

All spice  
Black pepper  
Cardamom  
Chili powder  
Chinese Five Spice  
Cinnamon  
Cloves  
Coriander Seeds  
Cumin  
Curry Powder  
Mustard Seeds  
Nutmeg  
Paprika  
Saffron  
Star Anise  
Turmeric

## PROTEIN

Beef  
Chicken  
Egg  
Fish  
Lamb  
Pork  
Tofu (*firm*)  
Tuna (*canned*)



## NUT BUTTER

365 Smooth Almond Butter  
Skippy Peanut Butter  
Smucker's Peanut Butter  
Teddie Peanut Butter

## NUTS/SEEDS

Almonds  
Brazil nuts  
Chestnuts  
Chia seeds  
Flax seeds  
Macadamias  
Peanuts  
Pecans  
Pine nuts  
Poppy seeds  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts



## PRODUCE

### VEGETABLES

Arugula  
Bamboo shoots  
Bean sprouts  
Beets (*pickled*)  
Bell peppers  
Bok Choy  
Broccoli  
Cabbage (*common, red*)  
Capers  
Carrots  
Celeriac  
Chili pepper  
Chives  
Collard greens  
Cucumber  
Eggplant  
Endive  
Fennel bulb  
Ginger root  
Green beans  
Kale  
Leek (*green leaves only*)  
Lettuce  
Olives (*green, black*)  
Oyster mushrooms  
Parsnip  
Potato (*white*)  
Radish



Rutabaga  
Scallions (*green part only*)  
Seaweed (*nori*)  
Spinach  
Squash (*kabocha, spaghetti, patty pan*)  
Sweet potato  
Swiss Chard  
Tomato  
Turnip  
Water chesnuts  
Zucchini

## FRUIT

Avocado  
Banana (*small, firm*)  
Blueberries  
Cantaloupe  
Clementine  
Coconut  
Dragon fruit  
Grapes (*red, green*)  
Honeydew melon  
Kiwifruit  
Lemon  
Lime  
Orange  
Papaya  
Passion fruit  
Pineapple  
Plantain  
Raspberries  
Rhubarb  
Starfruit  
Strawberries  
Tangelo



## HERBS

Basil  
Cilantro  
Coriander  
Lemongrass  
Mint  
Parsley  
Rosemary  
Sage  
Tarragon  
Thyme



## DAIRY

CHEESE  
Brie  
Camembert  
Colby  
Cheddar  
Feta  
Goat  
Havarti  
LF Cottage  
LF Cream Cheese  
Mozzarella  
Parmesan  
Pecorino  
Swiss



## MILK

Lactose free

## YOGURT/KEFIR

Green Valley LF Yogurt & Kefir  
Lifeway Kefir (*plain only*)

## OILS/CONDIMENTS

Butter (*sticks & spreadable*)  
Canola oil  
Coconut oil  
Dairy blend (*70% butter, 30% oil*)  
Garlic infused oil  
Marmalade jam  
Mayonnaise  
Miso Paste  
Mustard  
Olive oil  
Oyster sauce  
Peanut oil  
Rice wine vinegar  
Sarabeth's (*Cranberry Relish, Strawberry Rhubarb Spreadable Fruit*)  
Sesame oil  
Soy Sauce  
Vegetable oils  
Fish sauce  
Wasabi



## SNACKS & SWEETS

88 Acres Dark Chocolate & Sea Salt bars  
Aleia's (*almond horn cookies, peanut butter cookies*)  
Blue Diamond Almond Nut Thins  
Justin's Dark Chocolate Peanut Butter Cups  
Lundberg Rice Chips (*sea salt*)  
Mary's Gone Crackers (*original*)  
Rice cakes  
Simply gum (*mint, cinnamon, ginger*)  
Snyder's GF Pretzels  
Tate's Bakeshop GF Cookies (*Chocolate Chip, Ginger Zinger, Double Chocolate Chip*)  
Tortilla Chips (*plain*)

## BRANDS W/ CERTIFIED

## LOW FODMAP PRODUCTS

Casa de Sante  
FODY Food Co.  
Enjoy Life Foods  
Epicured  
Green Valley Creamery  
Kellogg's  
Laiki Crackers  
OWYN  
Schär

## BEVERAGES

Coffee, Espresso  
Cranberry Juice (*without High Fructose Corn Syrup*)  
Tea (*black, green, peppermint, white*)  
Tazo Chai Classic Tea  
Sparkling Water  
Almond milk  
Coconut milk (*canned*)  
Hemp milk  
Rice milk



## OTHER:

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GF=GLUTEN FREE  
LF=LACTOSE FREE

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REFERENCES: PACKAGED FOOD INGREDIENT  
LISTS, USDA NATIONAL NUTRIENT DATABASE.  
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NOTE, SOME FOOD PRODUCTS LISTED IN THIS  
GROCERY LIST HAVE NOT OFFICIALLY BEEN  
TESTED FOR FODMAP CONTENT BUT RATHER  
APPEAR LOW FODMAP BASED ON THEIR  
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