








Paleo low-FODMAP diet food list

Food groups	Safe 	Be careful*	Avoid 
Vegetables	<b>Alfalfa</b> <b>Bamboo shoots</b> <b>Bean sprouts</b> <b>Bell peppers</b> (capsicums) <b>Bok choy</b> <b>Carrot</b> <b>Cherry tomatoes</b> <b>Chives</b> <b>Cucumber</b> <b>Eggplant</b> <b>Endive</b> <b>Ginger</b> <b>Green beans</b> <b>Kale</b> <b>Lettuce</b> <b>Olives</b> <b>Parsnip</b> <b>Pickles</b> (without sugar) <b>Seaweed, nori</b> <b>Spinach</b> <b>Spring onion</b> (green part only) <b>Swiss chards</b> (silverbeet) <b>Tomatoes</b> <b>Zucchini</b>	<b>Avocado</b> (polyol) <b>Beetroot</b> (fructans) <b>Broccoli</b> (fructans) <b>Brussels sprouts</b> (fructans) <b>Butternut pumpkin</b> (fructans) <b>Cauliflower</b> (polyol) <b>Celery</b> (polyol) <b>Fennel bulb</b> (fructans) <b>Green peas</b> (fructans) <b>Guacamole</b> (polyol) <b>Mushrooms</b> (polyol) <b>Sauerkraut</b> (fructans)	<b>Artichoke</b> (fructose) <b>Asparagus</b> (fructose) <b>Cabbage</b> (fructans) <b>Garlic</b> (fructans) <b>Jerusalem artichoke</b> (fructans) <b>Leeks</b> (fructans) <b>Okra</b> (fructans) <b>Onions</b> (fructans) <b>Shallot</b> (fructans) <b>Snow peas</b> (fructans, polyols) <b>Sugar snap peas</b> (fructose) <b>Raddichio</b> (fructans) <b>Tomato sauces &amp; paste</b> (fructose & fructans)
	Fruits	<b>Banana, ripe</b> <b>Blueberry</b> <b>Cantaloupe</b> (rock melon) <b>Grapefruit</b> <b>Honeydew melon</b> <b>Kiwifruit</b> <b>Lemon</b> <b>Lime</b> <b>Mandarin</b> <b>Orange</b> <b>Papaya</b> <b>Passionfruit</b> <b>Pineapple</b> <b>Raspberry</b> <b>Rhubarb</b> <b>Strawberry</b>	<b>Banana, unripe</b> <b>Longon</b> (polyol) <b>Lychee</b> (polyol) <b>Rambutan (polyol)</b> <b>Grapes</b> (10-15/serving; fructose)
Starches		<b>White potatoes</b> <b>Plantains</b> (green, <i>verdes</i> ) <b>Turnip</b> <b>Rutabaga</b> (swede) <b>Taro, Cassava/yuca</b> <b>White rice</b>	<b>Sweet potatoes/yams</b> (polyol)
Nuts		<b>Most nuts and nut butter</b> (cashews, macadamia, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds)	<b>Pistachios</b> (fructans) <b>Almonds</b> <b>Hazelnuts</b>

Paleo low-FODMAP diet food list (cont'd)

Food groups	Safe 	Be careful*	Avoid 
<b>Dairy</b>	<b>Butter</b> <b>Ghee</b> <b>Cream</b> (only if casein tolerated)	<b>Aged cheese</b> (lactose)	<b>Fresh cheese</b> (lactose) <b>Milk</b> (lactose) <b>Yogurt</b> (lactose and often fructose too if sweetened)
<b>Protein</b>	<b>Meat</b> <b>Poultry</b> <b>Fish and Seafood</b> <b>Eggs</b> <b>Bacon</b> (without high-fructose corn syrup or fructose)		Any containing breadings, gravies, stocks, broth, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)
<b>Fats</b>	<b>Coconut oil</b> <b>Ghee, butter, cream</b> <b>Lard</b> <b>Olive oil</b> <b>Macadamia oil</b> <b>Homemade mayo</b> <b>Olives</b> <b>Garlic-infused oil</b>	<b>Avocado</b> (polyol) <b>Guacamole</b> (polyol)	Salad dressings, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)
<b>Treats</b>	 (best to be avoided for a little while)	<b>Dried coconut</b> , unsweetened <b>Coconut sugar</b> <b>Maple syrup</b> <b>Coconut milk/cream/butter</b> <b>Coconut flour</b> <b>Dark chocolate</b> <b>Cocoa powder</b> , unsweetened	<b>High-fructose corn syrup</b> (fructose) <b>Agave syrup</b> (fructose) <b>Honey</b> (fructose) <b>Sugar-free treats</b> (polyol) <b>Artificial sweeteners</b> (can also be a problem for some)
<b>Seasonings and other ingredients</b>	<b>Salt &amp; Pepper</b> <b>Fresh herbs</b> <b>Dried herbs</b> <b>Ginger</b> <b>Garlic-infused oil</b> <b>Lemon/lime juice</b> <b>Spices</b> (avoid blends that may contain onion/garlic powder) <b>Vinegars</b> (balsamic, red wine, apple cider) <b>Asafoetida powder</b> (taste similar to onion; for onion-free, low-FODMAP recipes!) <b>Seaweed, nori</b> <b>Olive tapenade</b> <b>Sun-dried tomatoes</b>	<b>Guacamole</b> (polyol)	<b>Chicory</b> (fructans) <b>Fructo-oligosaccharide</b> (fructans) <b>Inulin</b> (fructans) <b>Prebiotic</b> (often is fructans) <b>Onion and garlic powder</b> (fructans) <b>Gums, carrageenan and other thickeners or stabilizers</b> <b>Sugar-alcohols</b> (sorbitol, mannitol, xylitol, isomalt...) <b>Medicine &amp; supplements</b> (read the ingredients or talk to your pharmacist)
<b>Drinks and alcohol</b>	<b>Water</b> <b>Tea</b> (green, oolong, black, mate, rooibos) <b>Homemade bone broth</b> made with safe ingredients (very good for your gut!)	<b>Teas with unsafe fruits</b> <b>Dry wines</b> <b>Coffee</b> <i>*with moderation... alcohol and caffeine are irritants to the gut</i>	<b>Sweeter wines</b> <b>Port wines</b> <b>Beer</b> (contains gluten and some also contain mannitol) <b>Fruit juices</b> <b>Sodas</b>

\* Watch your serving and assess your personal tolerance; \*\*for a low-carb version of the Paleo low-FODMAP diet, limit your intake of fruit, starchy vegetables, tubers/roots and treats and base your low-carb, low-FODMAP Paleo diet on non-starchy vegetables, protein, fat and seasonings; \*\*\*from references: 1-5

## **References:**

- (1) Eastern Health Clinical School – Monash University. **The Low-FODMAP Diet: Reducing Poorly Absorbed Sugars to Control Gastrointestinal Symptoms.** 2010.
- (2) Muir JG, et al. **Fructans and Free Fructose Content of Common Australian Vegetables and Fruit.** *J. Agric. Food Chem.* 2007; 55: 6619-6627.
- (3) Muir JG, et al. **Measurement of Short-Chain Carbohydrates in Common Australian Vegetables and Fruits by High-Performance Liquid Chromatography (HPLC).** *J. Agric. Food Chem.* **2009**, 57, 554–565
- (4) Shephred SJ, et al. **Fructose Malabsorption and Symptoms of Irritable Bowel Syndrome: Guidelines for Effective Dietary Management.** *J Am Diet Assoc.*2006; 106: 1631-1639.
- (5) Gibson PR, et al. **Evidence-Based Dietary Management of Functional Gastrointestinal Symptoms: The FODMAP Approach.** *Journal of Gastroenterology and Hepatology.* 2010; 25: 252–258.