

# LOW FODMAPs SHOPPING LIST

This is a list of foods low in FODMAPs that you can use as a shopping guide

## VEGETABLES

Alfalfa sprouts  
Bamboo shoots  
Bean sprouts  
Beets (limit to 4 slices)  
Bokchoy  
Bell peppers (Capsicum)  
Broccoli (limit 1/2 cup)  
Brussels sprouts (limit 1/2 cup)  
Butternut squash (limit to 1/2 cup)  
Carrots  
Corn (half a cob)  
Celery (limit to 1 stick)  
Chives  
Cucumber  
Cauliflower  
Eggplant  
Endive  
Fennel  
Ginger  
Green beans  
Green peas (limit to 1/2 cup)  
Kale  
Leek  
Lettuce  
Olives  
Pumpkin (limit to 1/2 cup)  
Parsnip  
Peas (limit to 1/3 cup)  
Potato, white  
Radishes  
Swede  
Seaweed (nori)  
Scallions (green part only)  
Spinach  
Summer squash  
Sweet potato (limit to 1/2 cup)  
Turnips  
Tomato  
Water chestnuts  
Zucchini

## FRUIT

Avocado (limit to 1/4)  
Banana (small)  
Blueberries  
Cantaloupe (Rockmelon)  
Cranberries  
Cherries (limit to 3)  
Grapefruit  
Grapes  
Honeydew melon  
Kiwifruit  
Lemon  
Lime  
Loquat (limit to 10)  
Lychee (limit to 5)  
Mandarin  
Orange  
Pomegranate (limit to 1/2)  
Passion fruit  
Pineapple  
Raspberries  
Rhubarb  
Strawberries  
Tamarind  
Tangelo  
Paw paw  
Papaya

## PROTEIN FOODS

Beef  
Chicken  
Chickpeas and lentils (drained)  
Fish  
Egg  
Kangaroo  
Lamb  
Pork  
Shellfish (including prawns, crab, shrimp, etc)  
Tofu  
Turkey  
Tempeh

## NUTS & SEEDS

Almonds  
Chestnuts  
Chia seeds  
Macadamias  
Other varieties of nut-butter  
(eg. Almond nut-butter)  
Peanuts  
Pecans  
Pine nuts  
Pumpkin seeds  
Peanut butter  
Sesame seeds  
Sunflower seeds  
Walnuts

## DAIRY

### CHEESE

Cheddar  
Swiss  
Parmesan  
Gruyere  
Feta  
Camembert  
Cream cheese  
Mozzarella

### MILK

Lactose free (Any lactose-free dairy products)  
Greek yogurt  
Whipped cream  
Butter  
Kefir

## NON-DAIRY ALTERNATIVES

Coconut milk (limit to 1/2 cup)  
Rice milk  
Almond milk  
Soy milk

## GRAINS

Oats  
Oat bran  
Quinoa  
Rice: white and brown  
Rice bran  
Gluten-free breads (choose white breads)  
Bread made from oats, rice, corn,  
spelt and potato flours  
Buckwheat  
Popcorn  
Corn chips  
Polenta  
Sourdough

## DRINKS

Coffee (no milk)  
Tea (weak and no milk)  
Orange juice (limit to 1/3 cup)  
Very small amounts of wine, gin, vodka,  
whiskey

## CONDIMENTS

Mustard  
Fish sauce  
Soy sauce  
Oyster sauce  
Worcestershire sauce  
Sweet and sour sauce  
Chutney  
Mayonnaise  
Shrimp paste  
Vegemite  
Balsamic vinegar (limit to 2 tbsp)  
Wasabi  
Rice wine vinegar

## SWEETS AND SWEETENERS

Maple syrup  
Sugar  
Stevia  
Dark chocolate  
Sorbet  
Gelato

## COOKING OILS, HERBS AND SPICES

All oils generally acceptable

Herbs: Basil, Cilantro, Coriander, Curry  
leaves, Fenugreek, Gotukola, Lemongrass,  
Mint, Oregano, Pandan, Parsley, Ramps,  
Rosemary, Tarragon, Thyme

Spices: All spice, Black pepper, Cardamom,  
Chili powder, Cinnamon, Cloves, Cumin,  
Curry powder, Fennel seeds, Five spice,  
Gosaka, Mustard seeds, Nutmeg, Paprika,  
Saffron, Star anise, Turmeric, salt

# Low Fodmap Shopping Guide

**Liyong Dong**



## **Low Fodmap Shopping Guide:**

The Top Books of the Year Low Fodmap Shopping Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthraling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Low Fodmap Shopping Guide : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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## **Table of Contents Low Fodmap Shopping Guide**

1. Understanding the eBook Low Fodmap Shopping Guide
  - The Rise of Digital Reading Low Fodmap Shopping Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Low Fodmap Shopping Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in a Low Fodmap Shopping Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Low Fodmap Shopping Guide
  - Personalized Recommendations
  - Low Fodmap Shopping Guide User Reviews and Ratings
  - Low Fodmap Shopping Guide and Bestseller Lists
5. Accessing Low Fodmap Shopping Guide Free and Paid eBooks
  - Low Fodmap Shopping Guide Public Domain eBooks
  - Low Fodmap Shopping Guide eBook Subscription Services
  - Low Fodmap Shopping Guide Budget-Friendly Options
6. Navigating Low Fodmap Shopping Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Low Fodmap Shopping Guide Compatibility with Devices
  - Low Fodmap Shopping Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Low Fodmap Shopping Guide
  - Highlighting and Note-Taking Low Fodmap Shopping Guide
  - Interactive Elements Low Fodmap Shopping Guide
8. Staying Engaged with Low Fodmap Shopping Guide

- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Low Fodmap Shopping Guide
9. Balancing eBooks and Physical Books Low Fodmap Shopping Guide
- Benefits of a Digital Library
  - Creating a Diverse Reading Collection Low Fodmap Shopping Guide
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Low Fodmap Shopping Guide
- Setting Reading Goals Low Fodmap Shopping Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Low Fodmap Shopping Guide
- Fact-Checking eBook Content of Low Fodmap Shopping Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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