



Meals, Snacks & Resources

FODMAP COMPLIANT

BREAKFAST

- 1 cup cooked oats topped with strawberries and blueberries (½ cup total) and 1 T pecans
- 2 eggs with ½ cup hash browns and 2 turkey sausage links
- 2 slices gluten free bread with 2 T all-natural peanut butter (can use Jiffy) and ½ firm banana
- 1 cup lactose free yogurt with ½ cup sliced pineapple and 2 T chia seeds
- 1 cup Rice Krispies with ½ cup rice or almond milk and ½ firm banana sliced
- 2 egg omelet with cup sautéed spinach, red peppers, and 1 ounce cheddar cheese
- Smoothie: Blend together ½ cup raspberries, ½ cup spinach, ½ cup kefir
- 2 gluten free waffles (Van's) with 2 T maple syrup and 1 cup cubed honeydew melon
- Banana walnut pancakes: Namaste waffle and pancake mix or Bisquick gluten free pancake and baking mix prepared with FODMAP friendly ingredients adding in ½ mashed ripe banana, 1 T chopped walnuts. Cook as directed and top with a drizzle of pure maple syrup.
- ½ cup granola (Bear Naked Vanilla Almond Granola) with either ½ cup rice milk or almond milk yogurt

LUNCH OR DINNER

- Ham and cheddar sandwich: 2 sliced gluten free bread with 2 oz. ham and 1 oz. cheddar cheese with mayo/mustard, lettuce, and tomato slices
- Tuna salad and crackers: 1 can tuna mixed with mayo, lemon juice, ¼ celery stalk diced, and fresh herbs. Serve with gluten free crackers (Milton's, Nut Thins, Glutinos). Served with an orange or melon.
- Stuffed peppers: Brown 2 oz. ground turkey and combine with ½ cup rice. Mix in feta cheese and fresh herbs. Remove top 1/3 of green pepper and remove seeds. Stuff with turkey mixture and bake until peppers are soft.
- Grilled sirloin steak with a medium baked potato (use lactose free sour cream and butter) served with 1 cup green beans (canned or fresh)
- Homemade margherita pizza: Udi's gluten free pizza crust, ½ cup tomato puree, ¾ cup shredded mozzarella cheese, torn basil leaves
- Turkey tacos: Browned ground turkey served with corn tortillas, lettuce/diced tomatoes, shredded cheddar cheese and lactose free sour cream
- Grilled chicken with sautéed carrots (in butter and maple syrup) and 1 medium baked potato
- Salmon and pasta: 1 cup gluten free pasta with chopped fresh cherry tomatoes, basil, and parmesan cheese. Serve with grilled salmon and sautéed zucchini.
- Vietnamese pho bowl: 1 ½ cup rice noodles, ½ cup cucumber (skin and seeds removed), carrot slivers, finely chopped basil. 1 cup low sodium chicken broth (Progresso or Pacific Foods), 1 T tamari. Season with chili sauce and top with 3 oz. shredded chicken.
- Stir fry: Cook 3 oz. lean protein (chicken, shrimp, beef) in 1 tsp. sesame oil. Add ¼ cup peeled carrots, ¼ cup zucchini, water chestnuts, ¼ cup broccoli. Cook until vegetables are tender. Add sauce: 1 T ginger, 3 T tamari sauce, juice of ½ lime, 1 tsp. sesame oil. Serve over 1 cup rice
- Turkey burger: 4 oz. grilled ground turkey patty. Served with mustard, lettuce, and tomato on gluten free hamburger bun
- Baked potato fries: 1 russet potato cut into match sticks. Drizzle with olive oil. Bake on a lined baking sheet at 400° for 30 minutes, flip half way.

SNACKS

Go Macro® Bars

- 1 plain rice cake with 1 T natural peanut butter
- 1 oz. Snyder's of Hanover gluten free pretzels and 1 oz. cheddar cheese
- ½ banana (firm) slices with 1 T sun butter and a sprinkle of semi-sweet chocolate chips
- ½ cup lactose free yogurt with 5 walnut halves

2 T pumpkin seeds with 1 T dried cranberries

- 1 oz. Nut Thins crackers with 1 slice swiss cheese and 10 grapes
- Baby carrots and cucumber slices with a handful of Popchips
- 9 tortilla chips with 2 T guacamole (homemade, no onion or garlic)

Low-FODMAP Compliant Brands

BAKING

- Aleias Gluten free original real panko
- Bisquick Gluten free pancake and baking mix
- King Arthur's Gluten free all-purpose flour
- Namaste Baking mix
- Pamela's All products
- Glutino All products
- Pillsbury Gluten free cookie dough, pie, and pastry dough
- Cup 4 Cup All products
- Betty Crocker Gluten free pizza crust mix

CEREAL

- Ancient Harvest Quinoa Flakes
- Bob's Red Mill Mighty Tasty Hot Cereal
- Cheerio's Plain, multigrain
- Eden Brown rice flakes
- Nature's Path EnviroKidz Gorilla Munch, Panda Puffs
- Chex Rice and corn
- Kind Gluten free granola (peanut butter, banana nut, maple quinoa)
- Bear Naked Vanilla almond granola

BEVERAGES

- Tazo Chai tea
- CalifaFarms Almond milk, cold brew coffee with almond milk
- Silk Almond milk creamer, almond milk
- Honest Unsweetened lemon iced tea
- La Croix All flavors

CONDIMENTS

- Sarabeth's Cranberry relish, strawberry rhubarb spreadable fruit
- Annie's Organic mustard
- Grey Poupon Dijon mustard
- Smuckers All-natural fruit spread
- Rao's Marinara sauce
- Helmann's Mayonnaise
- Kikkoman's Tamari
- Savory Choice Chicken broth
- Pacific Organic Chicken and turkey bone broth
- Progresso Chicken broth
- Wish Bone Balsamic vinaigrette

BREAD

- Udi's
- Food for Life Brown rice tortillas, gluten free multi-seed English muffins
- Ian's Bread crumbs
- Eggo Gluten free waffles
- Canyon Bakehouse Gluten free bread
- Rudi's Plain tortillas, bread
- Trader Joe's Gluten free breads
- Van's Gluten free waffles

DAIRY

- Green Valley Lactose free yogurt, kefir, half & half, cream cheese, sour cream
- Lifeway Kefir Plain, strawberry, blueberry
- Breyer's Lactose free vanilla ice cream
- Yoplait Lactose free yogurt
- Lactaid Ice cream, cottage cheese
- Ben and Jerry's Nondairy Chunky Monkey

BUTTER/SPREADS/OILS

- Earth Balance Soy-free
- Trader Joe's Garlic flavored olive oil
- DeLallo Garlic infused oil
- Marconi Garlic olive oil

List continued on following page

GRAINS

Ronzoni	Gluten free pasta
DeLallo	Gluten free gnocchi
Earth Balance	Gluten free mac and cheese
Barilla	Gluten free pasta

MILK

Dairy Ease	
Lactaid	All milk
A2	All types
Horizon	Lactose free milk

SEASONINGS

Tajin	Clasico seasoning (chilis, lime juice, sea salt)
McCormick	Italian seasoning
Spicely	Asafoetida powder
Organics	(garlic substitute)

SNACKS

GoMacro	Protein Pleasure
88 Acres	Dark chocolate and sea salt bar
Blue Diamond	Pecan and almond Nut Thins
Justin's	Dark chocolate peanut butter cups
Kettle	Sea Salt chips
Mary's Gone	Crackers
Popchips	Sea salt
Simply Gum	
Snyder's	Gluten free pretzels
Glutino	All crackers and products
Tostitos	Tortilla chips
Tate's Bakeshop	Gluten free cookies
Van's	Gluten free crackers

SUPPLEMENTS

Stellar Lab	Whey Protein Shake (chocolate and vanilla)
	Raw Plant Protein Shake
Nestle	Pronourish

Protein Powders

Most people can meet their protein needs through food alone and may not need a protein supplement. When possible, try to meet protein needs with natural foods that contain minimal ingredients. Here are a few tips if a protein supplement is required or preferred while following a low FODMAP diet:

- Avoid any high FODMAP ingredients, or foods that have not been tested for FODMAP content.
- If taking supplements with minerals such as iron, calcium and magnesium, please consult with your dietitian or physician. These minerals may affect digestion.
- Avoid supplements that contain common irritants such as caffeine, capsaicin, or senna.

Acceptable Options

Protein Source	Sweetener
Whey Protein Isolate	Sugar
Rice	Dextrose
Egg White	Stevia
Hemp	Sucralose (Splenda)
Pea	Collagen

Low-FODMAP Specific Brands

CATEGORY	BRAND	WEBSITE
Various	Casa de Sante	casadesante.com
Various	FODY Foods	fodyfoods.com
Lactose-Free Dairy	Green Valley Organics	greenvalleylactosefree.com
Bars & Jerky	Happy Bars	rachelpaulsfood.com
Rice Crackers	Laiki Crackers	laikicrackers.com
Supplements	ProNourish	pronourish.com
Bars	TrueSelf Foods	trueselffoods.com
Supplements	Stellar Labs	stellarlabsnutrition.com

FODMAP Certified Products

As the low FODMAP diet gains popularity, third-party organizations are aiding people in identifying appropriate foods to consume. Keep in mind that the term “Low FODMAP” is not defined by the U.S. government like “organic” and “gluten free” are.

Two commonly known certification organizations are FODMAP Friendly and Monash University. Both are based out of Australia, but products can be found in US grocery stores. If you see these seals on products, then that product would appropriate for a low FODMAP diet.

Both FODMAP Friendly and Monash University have apps available for purchase to help identify suitable products at your grocery store.



FODMAP Friendly



Monash University

Label Reading Tips

- When starting your low FODMAP diet, try to choose fresh foods with minimal packaging. Think low FODMAP fruits, vegetables and proteins. If there’s no label, then there’s no problem.
- Choose ingredients you can recognize. Reduce products that have lengthy ingredient lists full of words you cannot pronounce.
- When in doubt, go without certain products. You don’t want to unknowingly consume high FODMAP foods during the elimination phase.
- Gluten free does not mean low FODMAP. Please check the ingredient list to verify that product contains low FODMAP ingredients.
- Ingredients are listed in weight. If you find a high FODMAP ingredient low on the list, then those trace amounts may not affect you. To be on the safe side, try to limit as many FODMAPS as possible during the elimination phase.