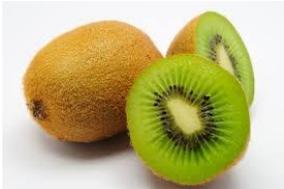


# LOW FODMAP Grocery List

## Anchored Nutrition Therapy

<p><b>GRAINS</b></p> <ul style="list-style-type: none"> <li>● GF pasta and bread</li> <li>● Sourdough bread</li> <li>● Oats</li> <li>● Polenta</li> <li>● Rice</li> <li>● Quinoa</li> <li>● Millet</li> <li>● GF cereal</li> <li>● Corn tortilla</li> <li>● Sorghum</li> </ul> 	<p><b>VEGETABLES</b></p> <ul style="list-style-type: none"> <li>● Okra ½ cup</li> <li>● Spinach</li> <li>● Arugula</li> <li>● Beets</li> <li>● Green Bell pepper</li> <li>● Bok choy</li> <li>● Broccoli (heads only)</li> <li>● Cabbage</li> <li>● Carrot</li> <li>● Celeriac</li> <li>● Collards</li> <li>● Eggplant</li> <li>● Cucumber</li> <li>● Green beans</li> <li>● Kale</li> <li>● Oyster mushrooms</li> <li>● Radish</li> <li>● Potato</li> <li>● Seaweed</li> <li>● Squash</li> <li>● Zucchini</li> </ul>	<p><b>FRUIT</b></p> <ul style="list-style-type: none"> <li>● Pomegranate - ⅓ cup</li> <li>● Firm banana</li> <li>● Blueberries</li> <li>● Cantaloupe</li> <li>● Dragon fruit</li> <li>● 9 grapes</li> <li>● Kiwi</li> <li>● Lemon</li> <li>● Lime</li> <li>● Orange</li> <li>● Raspberry</li> <li>● Star fruit</li> <li>● Strawberry</li> <li>● Papaya</li> <li>● Pineapple</li> <li>● Tomato</li> <li>● 3 cherry tomato</li> </ul> 
<p><b>SWEETS</b></p> <ul style="list-style-type: none"> <li>● Sugar</li> <li>● Maple syrup</li> <li>● Stevia</li> <li>● Jam 1 Tb</li> <li>● ½ cup lactose free ice cream</li> </ul>	<p><b>NUT BUTTER, NUTS AND SEEDS</b></p> <ul style="list-style-type: none"> <li>● Almond</li> <li>● sunflower seeds</li> <li>● Peanut butter</li> <li>● Almonds</li> <li>● Brazil nuts</li> <li>● Peanuts</li> <li>● Pecans</li> <li>● Walnuts</li> <li>● Flax</li> </ul>	<p><b>DAIRY</b></p> <ul style="list-style-type: none"> <li>● Brie</li> <li>● Camembert</li> <li>● Feta</li> <li>● Colby</li> <li>● Cheddar</li> <li>● Goat</li> <li>● Havarti</li> <li>● Cottage</li> <li>● Mozzarella</li> <li>● Swiss</li> </ul>

	<ul style="list-style-type: none"> <li>● Chia seeds</li> </ul>	<ul style="list-style-type: none"> <li>● Parmesan</li> <li>● Lactose free milk</li> <li>● Kefir</li> </ul>
<p><b>PROTEIN</b></p> <ul style="list-style-type: none"> <li>● Beef</li> <li>● Chicken</li> <li>● Fish</li> <li>● Pork</li> <li>● Canned lentils</li> <li>● Canned chickpeas</li> <li>● Egg</li> <li>● Firm tofu</li> <li>● Urad dal boiled and drained ½ cup</li> <li>● Canned tuna</li> <li>● lamb</li> </ul>	<p><b>CONDIMENTS</b></p> <ul style="list-style-type: none"> <li>● Butter</li> <li>● Canola oil</li> <li>● Olive oil</li> <li>● Garlic infused oil</li> <li>● Green onion tops</li> <li>● Mayo</li> <li>● Soy sauce</li> <li>● Oyster sauce</li> </ul>	<p><b>IF IN DOUBT -</b></p> <p>Use the Monash app to search for a food in directory</p> 