

## Low-FODMAP Foods to **EAT** (single serving)



## High-FODMAP Foods to **AVOID**

### FRUIT

Bananas  
Berries  
Cantaloupe  
Grapes  
Honeydew melon  
Lemons/Limes  
Oranges  
Pineapple

### GRAINS

Buckwheat  
Corn flour  
Oats  
Popcorn  
Quinoa  
Rice bread  
Rice noodles

### LEGUMES

Tofu (firm,  
drained)  
Peanuts

### DAIRY

Butter  
Eggs  
Margarine  
Non-dairy milk  
(rice, almond)  
Whipped cream  
Yogurt  
(lactose-free)

### NUTS/SEEDS

Chia seeds  
Flaxseeds  
Macadamia nuts  
Peanuts  
**Rachel Pauls  
Happy Bars**  
Sesame seeds  
Sunflower seeds  
Walnuts

### SWEETENERS

Aspartame  
Glucose  
Maple syrup  
Saccharine  
Stevia  
Sucralose  
Sugar (sucrose)

### VEGETABLES

Brussels sprouts  
Carrots  
Chives  
Cucumbers  
Eggplant  
Green beans  
Kale  
Lettuce (butter,  
iceberg,  
radicchio)  
Potatoes, sweet  
potatoes  
Roma tomatoes  
Spinach  
Zucchini

### FRUIT

Apples  
Apricots  
Mangos  
Nectarines  
Peaches  
Pears  
Plums  
Watermelon

### GRAINS

Barley  
Chicory root  
Inulin  
Rye  
Wheat

### LEGUMES

Beans  
Black-eyed peas  
Chickpeas  
Lentils  
Peas, dried  
Soybeans  
Soy milk  
Soy nuts

### DAIRY

Buttermilk  
Custard  
Ice cream  
Milk  
Ricotta  
Sour cream

### NUTS/SEEDS

Cashews  
Pistachios

### SWEETENERS

Agave  
High fructose  
corn syrup  
Honey  
Isomalt  
Mannitol  
Molasses  
Sorbitol  
Xylitol

### VEGETABLES

Asparagus  
Cauliflower  
Garlic, garlic  
powder  
Mushrooms  
Onions, onion  
powder  
Sweet corn  
Tomato paste



Good Food, Good Mood:

## HAPPY BARS

All Rachel Pauls Happy Bars are verified as low-FODMAP and contain less than 0.5 grams of total FODMAPs per serving. They are a delicious and satisfying fit into your low-FODMAP food plan.