



**FODMAP
INSTITUTE**

Grocery Shopping and Eating Out on the Low FODMAP Diet

Grocery Shopping Tips

Being well prepared with a range of staple ingredients is key to success on the low FODMAP diet. When starting the elimination phase of the diet, it can be helpful to develop a menu plan and write a shopping list of suitable ingredients to include in meals and snacks. See below some staple low FODMAP food items.

STAPLE FOOD ITEMS

Grains:	 Rice	 Sourdough	 Gluten Free Pasta	 Oats	 Quinoa	 Buckwheat	 Cornmeal
Dairy & alternatives:	 Lactose-free milk	 Almond milk	 Butter	 Cheddar cheese	 Lactose-free yoghurt	 Feta	 Coconut yoghurt
Vegetables:	 Carrots	 Green beans	 Broccoli	 Capsicums	 Tomato	 Spinach	 Potato
Fruit:	 Kiwifruit	 Banana (firm, no spots)	 Strawberries	 Blueberries	 Orange	 Raspberry	 Pineapple
Meat, Legumes, Nuts & Seeds:	 Meat, Poultry & Fish	 Eggs	 Firm tofu	 Lentils & chickpeas	 Chia & flax seeds	 Almonds	 Peanuts

CONDIMENTS AND FLAVOURING INGREDIENTS

 Garlic-infused olive oil	 Herbs: fresh or dried	 Soy sauce	 Tahini	 Salt & Pepper	 Spices (without onion and garlic)	 Mustard
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Eating out

GENERAL TIPS

- Look up the menu online ahead of time to determine what options you might have
- Call the restaurant to determine if they have the capacity to accommodate a low FODMAP meal – this will help them be organised and minimise stress (which we know can have a huge impact on symptoms!)
- If you are not sure what ingredients are in sauces etc, ask for a different or no sauce

TIPS FOR CHOOSING A MEAL

- Notify staff of exact ingredients you are unable to eat
- Ask which sauces do not contain onion or garlic
- Ask for sauces, dressings and dips to be served separately
- Check what ingredients are used in stock – for example, a risotto may contain no onion or garlic but they may be present in the stock used in preparation

IDEAS ON WHAT TO ORDER

ITALIAN

- Gluten free pizza base or pasta (ask for tomato base/sauce with no onion or garlic). Avoid mushrooms
- Pasta may be served with hard cheese (such as parmesan or cheddar), veg and olive oil etc. Avoid creamy sauces

BARS/PUBS

- Grilled meat/fish with vegetables/salad (no onion) and fries. Ask for sauces and dressings served separately (oil, balsamic vinegar, mayonnaise and mustard are fine)
- Gluten free pizza base or pasta (ask for tomato base/sauce with no onion or garlic, avoid creamy sauces)
- Burgers (bunless or gluten free buns). Avoid onion

ASIAN CUISINES

- Plain meat, fish or firm tofu in salads or stir fries (no onion or garlic in garnishes/sauces) with plain rice, rice noodles or vermicelli noodles
- Sushi and sashimi - soy sauce, wasabi and small amounts of avocado
- Avoid curries (often harder to modify)



GREEK

- Saganaki and feta
- Grilled fish, meat and vegetables (ensure no garlic or onion used in cooking)
- Plain olives & potatoes
- Avoid dips, white sauces and honey in desserts

BRUNCH

- Eggs any way
- Gluten free toast (made from rice, maize or corn flour)
- Avoid mushrooms
- Porridge/oatmeal (avoid honey and high FODMAP fruits)