

THE FODMAP FRIENDLY VEGAN'S SHOPPING LIST

The Following Shopping List Includes Low FODMAP Vegan Options from Each Food Group

Note: Most animal-based options are low FODMAP. As a Vegan, I have chosen not to list them here ... there are plenty of non-vegan resources out there. Make sure you choose a reputable source.

VEGETABLES

Alfafa Sprouts (1/2 cup)
Argula (1 cup)
Bamboo Shoots (1 cup)
Bean Sprouts (1/2 cup)
Bok Choy, Choy Sum, Gai Lan (1 cup)
*Broccoli (whole ½ cup)
*Brussel Sprouts (2 sprouts)
*Butternut Pumpkin (up to ¼ cup)
Capsicum (1/2 cup)
Cabbage (red, common 1 cup)
Carrots (1 medium)
Corn (up to ½ cob/cup)
Celeriac (1/2 celeriac)
Chives (1 tbsp)
*Chili (1 x 11cm long)
*Cucumber (1/2 cup)
Eggplant (1/2 cup)
Endive (4 leaves)
Fennel (1/2 cup)
Ginger Root (1 tsp)
Greens (Kale, Lettuce, Silverbeet, Spinach) – usually up to 1 cup
*Green Beans (12 beans)
Leek – Green Leaves (1/2 cup)
Olives (15 small or ½ cup)
Lotus root (1 cup)
Okra (6 pods)
Parsnip (1/2 cup)
Potato, white (1 cup)
Pumpkin, Jap (1/2 cup)
Radish (2 radish)
Spaghetti Squash (1 cup)
*Sweet Potato (up to ½ cup)
Swiss Chard
Turnips (1 cup)
Turmeric, root (1 tsp)
*Tomatoes (4 cherries or 1 small)
Yam (1 cup)
Water Chestnuts (1/2 cup)
Yellow Squash (2 squash)
*Zucchini (1/2 cup)

FRUITS

Avocado (max 1/8)
Banana (1 medium unripe)
Banana, sugar (1 firm)
Blueberries 20 berries)
Clementine (1 medium)
Cumquats (4 fruits)
Coconut (dried max ¼ cup)
Date (1 fresh)
Dragon fruit (1 medium)
Durian (2 segments)
Figs (1.5 dried)
*Goji Berries (4 tbsp)
Grapefruit (1/4 fruit)
Grapes (1 cup)
Guava (1 medium ripe)
Honeydew Melon (1/2 cup)
Kiwifruit (2 small)
Lemon Lime Juice (1 tsp)
Mandarin (2 small)
Mangosteen (1 medium)
Orange (1 medium)
Papaya/Paw Paw (1 cup)
Passionfruit (1 whole)
Pineapple (1 cup)
Prickly Pear (1 medium)
Raisins (3 tbsp)
Raspberries (10 berries)
Rhubarb (1 cup)
Rockmelon (1/2 cup)
Starfruit (1 medium)
Strawberries (10 medium)
Tamarind (4 fruits)
Banana, dried (10 chips)
Cranberries, dried (1 tbsp)

HERBS

Basil (1 cup)
Chives (1 cup)
Coriander (1 cup)
Lemongrass (1 x 10 cm stalk)
Parsley (1 cup)
Rosemary (1/2 cup)
Mint (1 bundle)
Stevia (1 drop)
Tarragon (1 cup)
Thyme (1 cup)

SPICES

Assume 1 tsp for all spices
All Spice
*Black Pepper
Cacao or Cocoa (2 tbsp)
Cardamom
Cayenne
Pepper
Cinnamon
Cumin
Cloves
Coriander seeds
Five Spice
Paprika
Raw Cacao (Nibs, Powder)
Turmeric
Vanilla

CONDIMENTS & SPREADS

Almond Butter (1 tbsp)
Eggplant Dip (Garlic-Free) (2 tbsp)
Himalayan Sea Salt
Low-FODMAP Jam (2 tbsp)
*Low-FODMAP Hummus (no onion or garlic) (2 tbsp)
Maple or Rice Malt Syrup (1 tbsp)
Macadamia Butter (2 tbsp)
Miso (fermented soy bean paste) 2 tsp
*Nutritional Yeast (1 tbsp)
Nori (Seaweed) (2 sheets)
Peanut Butter (2 tbsp)
Sunflower Seed Butter (2 tbsp)
Tamari or Soy Sauce (2 tbsp)
Mustard (1 tbsp)
Vinegar (apple cider – 2 tbsp)

FATS/OILS

Assume 1 tbsp for all oils
Avocado Oil
Coconut Oil
Extra Virgin Olive Oil
Hemp Seed Oil
Peanut Oil
Sesame Oil
Udos Oil

GRAINS

Amaranth, rolled (30g)
Bread: gluten free sourdough or rice flour (1 slice)
*Buckwheat (1/8 cup cooked)
Corn Flakes (1/2 cup)
Gluten-free pasta 1 cup cooked
Millet (1 cup cooked)
Kelp Noodles (1 cup)
Oat Bran (2 tbsp)
Oats, rolled (1/2 cup, uncooked)
Polenta (1 cup cooked)
Quinoa grain – 1 cup cooked
Quinoa flakes – 1 cup uncooked
Rice (all varieties) 1 cup cooked
Rice Bran, unprocessed (2 tbsp)
Rice Flakes (1/4 cup)
Rice, puffed (1/2 cup)
Rice Noodles (1 cup cooked)
Soba Noodles (1/3 cup)
Teff Grain (50g)
Wild Rice (1/2 cup)

NUTS/SEEDS

*Activated Almonds (10 nuts)
Brazil Nuts (10 nuts)
*Chia & Poppy Seeds (2 tbsp)
Chestnuts (20 nuts)
Flaxseeds (NA)
Hemp Seeds (NA)
*LSA (Linseed, Sunflower & Almond) Mix (1 tbsp)
Macadamia Nuts (20 nuts)
Mixed Nuts (18 assorted)
*Peanuts (32 nuts)
Pecans (10 halves)
Pine Nuts (1 tbsp)
Pumpkin Seeds (2 tbsp)
Sesame Seeds (1 tbsp)
Sunflower Seeds (2 tbsp)
Walnuts (10 halves)

PULSES

*Lentils (¼ cup boiled or ½ cup canned)
*Chickpeas (¼ cup boiled or ½ cup canned)
*Plain Tempeh (100g)
*Plain drained Tofu (160g)

SNACKS

Air-Popped Popcorn, plain (120g)
*Chia Seed Pudding
Corn or potato chips, plain (50g)
*Kale Chips (watch for cashews in the ingredients list)
Low FODMAP Soups
Pretzels (1/2 cup)
Quinoa Crackers
Rice Cakes, plain (2)
Rice Cruskits, plain (2)

DAIRY ALTERNATIVES

*Almond Milk (1 cup / 250ml)
Coconut Milk, canned (1/3 cup)
Coconut Yoghurt (125g)
*Oat Milk Macadamia Milk (1 cup)
Quinoa Milk (1 cup)
Sesame Seed Milk (NA)
Soy Cheese (40g/2 slices)
Soy Milk (soy protein – 1 cup)
Sunflower Seed Milk (NA)

BEVERAGES

Coconut Water (1/2 cup max)
Cranberry Juice (250ml / 1 cup)
Vegetable Juice Tomato (200ml)
Low-FODMAP Juices & Smoothies
*Organic fair-trade coffee (1 cup)
Hot cacao / cocoa (1 cup)
All teas except dandelion, fennel, strong black, strong chai, oolong (1 cup)
Alcohol in moderation except for rum, white wine (low GI), sticky wine

*May cause digestive distress in some

