

## Low FODMAP Diet Guidelines

### Allowed (Low FODMAP):

- Proteins: plain meat, poultry, fish, eggs
- Most hard cheeses, lactose-free dairy
- Vegetables: carrots, spinach, zucchini, cucumbers, bell peppers
- Fruits: strawberries, blueberries, oranges, grapes
- Grains: rice, oats, quinoa (in moderation)

### Avoid (High FODMAP):

- Onions, garlic, leeks, shallots
- Legumes: lentils, chickpeas, kidney beans
- Dairy with lactose: milk, soft cheeses, yogurt
- Fruits: apples, pears, watermelon, mango
- Sweeteners: sorbitol, mannitol, xylitol, high-fructose corn syrup