



FODMAP CHOICES

MEATS

25-75 calories per ounce, 7g protein per ounce, 3 oz of meat = the size of a deck of cards

Very lean

25- 35 calories, 0-1g of fat

- 1 oz organic/hormone-free chicken and poultry
- 1 oz organic/hormone - free lamb
- Cold water wild ocean fish (not farm raised) including; salmon, halibut, cod, mackerel, tuna
- 1 oz of skinless chicken or turkey (white meat)
- 1 oz white fish (fresh or frozen cod, flounder, haddock, halibut, trout), tuna (fresh or canned in water), smoked salmon
- 1 oz duck or venison, buffalo, ostrich
- 2 egg whites
- 1 oz processed sandwich meats with one gram of fat or less per ounce such as deli thin meats-- including turkey, lean beef and ham (check label: should have no more than 1 gram of fat per serving)

Lean

55 calories, 0-3g of fat

- 1 oz of salmon (fresh or canned)
- 6 medium sardines (canned)
- 1 oz of pork
- 1 oz chicken, turkey (dark meat, no skin)
- 1 oz chicken (white meat, with skin)
- USDA Select or Choice grades of lean beef trimmed of fat such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse); ground round)
- 1 oz lamb: roast, chop or leg
- 1 oz veal: lean chop, roast
- 1 oz tuna (canned in oil, drained)
- 1 oz oysters
- 1 oz goose (no skin,) rabbit

Medium fat meat

75 calories, 0-5g of fat

- ½ cup or 4 oz tofu
- 1 oz 80% lean ground beef, meatloaf, corned beef, short rib, or meat trimmed of fat such as prime rib
- 1 oz lamb: rib roast, ground
- 1 oz pork: chop, cutlet
- 1 organic or regular egg
- 1 oz un-breaded veal cutlet

Fats

45 calories and 5g of fat per serving

Monounsaturated

- 1 tsp extra virgin olive oil / canola oil/ walnut oil
- 8 large black olives
- large stuffed green olives
- ½ Tbsp peanut butter
- 6 raw almonds
- 10 peanuts
- 1 Tbsp sesame seeds
- ½ Tbsp natural almond, walnut or peanut butter w/o sugar added

Polyunsaturated

- 1 Tbsp flaxseeds
- 1 tsp walnut oil
- 4 raw walnut halves

Saturated

- 1 ½ Tbsp coconut milk
- 1 tsp coconut oil

Fruits

60 calories per serving

- 1 cup organic or non-organic melon cubes
- 1 organic or non-organic orange
- 1 cup melon cubes
- ½ large banana ½ organic or non-organic grapefruit
- ½ large organic or non-organic banana
- 1 organic or non-organic kiwi fruit
- 2 organic or non-organic tangerines
- ½ grapefruit
- 17 grapes
- 2 small tangerines
- ½ cup no sugar added fruit juice
- ½ cup no added sugar canned fruit
- ¼ cup dried fruit

Starch

80 calories per serving

- ½ cup Bob's Red Mill Gluten-free hot cereal
- 2 Organic Rice Cakes
- 5 Rice or Gluten Free crackers
- 1/3 cup cooked quinoa
- ½ cup Gluten Free Pasta
- ½ cup cooked millet
- ½ cup cooked peas (limit to one serving a day)
- ½ cup cooked cereal(oatmeal)
- ½ cup or ½ medium potato
- ½ cup or ½ medium sweet potato (limit to 1 serving a day)
- 1/3 cup long grain brown rice or wild rice
- ½ cup cooked corn (limit to one serving a day)
- 1/3 cup cooked rice

Dairy

Fat-Free and Low-Fat Milk
0-3g fat per serving
• 1 cup of rice milk
1 cup unsweetened almond milk

Low-Fat Milk

Whole Milk

Vegetables

Cooked ½ cup

- Carrots, green beans, eggplant, pea pods, turnips, watercress, zucchini, spinach, vegetable juice, bamboo shoots, bok choy, chives, scallions (green part only), bell peppers (all colors), endive, ginger, summer squash

Limit to 1 serving a day:

Brussel sprouts, beats, broccoli, butter nut squash

Raw/Steamed/Leafy 1 cup

Green beans, carrots, cucumber, eggplant, pea pods, tomato, water chestnuts, watercress, zucchini, spinach, alpha sprouts, bean sprouts, lettuce, bok choy, chives, scallions (green part only), bell peppers (all colors), endive, summer squash

Limit to 1 serving a day:

Celery, broccoli, butter nut squash

Condiments and Beverages

Consume in moderation

Lemon, lime, cayenne pepper, sea salt, garlic, fresh herbs and spices