

# LOW FODMAP SERVES FROM EACH OF THE FOOD GROUPS

	SERVES PER DAY	
Fruit	At least 2	1 medium (150g) orange 2 small (150g) mandarins, kiwi fruits (green) 1 cup (150g) papaya (yellow), pineapple or rhubarb 125ml cranberry juice
Vegetables	5-7	½ cup cooked vegetables (e.g. carrots, squash, Japanese pumpkin, parsnip, eggplant) 1 cup salad (lettuce, cucumber, green capsicum) 1 small potato
Milk, yoghurt, cheese	2-4	1 cup (250ml) regular or lactose free milk (if lactose intolerance present) 1 tub (200g) yoghurt or lactose free yoghurt (if lactose intolerance present) 40g cheddar cheese 1 cup (250ml) soy milk, made from soy protein with at least 120mg of calcium per 100ml
Fats and oils and extra foods*	Limit your intake of these	Oil, butter, margarine Plain biscuits, cakes Pies, pastries Dark chocolate, chips, ice-cream (2/5 scoops or 30g, vanilla) Alcoholic beverages Soft drink
Meat, fish, poultry	2-3	65-80g cooked meat, chicken 80-100g fish fresh or canned 2 eggs large 170g tofu, firm or tempeh
Bread, cereals, rice, pasta and noodles*	At least 4	1 slice (40g) of gluten free or low FODMAP bread ½ cup (90g) of cooked rice (white or brown) ½ cup (90g) cooked pasta (gluten free) ½ cup (90g) rice noodles ½ cup (120g) cooked porridge ½ cup (75g) cooked quinoa ½ cup of gluten free corn flakes