

Low-FODMAP Food List & Safe Portions (2025)

Monash-verified safe servings. Last RD review: 15 June 2025

Vegetables

Vegetable	Safe Portion	Caution / Note
Zucchini	1/2 cup (65 g)	>100 g raises fructans
Carrot	1 medium (75 g)	Very low FODMAP
Green bell pepper	1/2 cup (43 g)	Red pepper limit 1/3 cup
White potato	1 medium (225 g)	Sweet potato 1/2 cup
Lettuce (any)	Unlimited	–
Bok choy	1 cup (75 g)	–
Cucumber	1/2 cup (52 g)	Seeds fine
Eggplant	1 cup (75 g)	Low FODMAP
Pumpkin (Kent)	1/3 cup (45 g)	Larger serves high
Green beans	15 beans (75 g)	–
Kale	1 cup (75 g)	Raw or sauté
Baby spinach	1.5 cups (75 g)	Young leaves
Tomato, common	1 medium (123 g)	Cherry max 5
Canned corn kernels	1/2 cup (75 g)	Creamed corn high
Sweet potato	1/2 cup (75 g)	Avoid larger serves

Fruits

Fruit	Safe Portion	Caution / Note
Banana (unripe)	1 small (100 g)	Ripe limit 1/3
Blueberries	1/4 cup (40 g)	–
Kiwi	2 medium (150 g)	Aids digestion
Strawberries	10 medium (150 g)	–
Pineapple	1 cup (140 g)	Fresh only
Cantaloupe	3/4 cup (120 g)	Honeydew 1/2 cup
Grapes	1 cup (150 g)	Any colour
Orange	1 medium (130 g)	Juice 100 ml
Papaya	1 cup (140 g)	–
Dragon fruit	1 cup (140 g)	–
Raspberries	1/2 cup (60 g)	Blackberries high

Lemon/Lime juice	1/2 cup (125 ml)	Marinades
Mandarin	1 medium (90 g)	–
Passionfruit	2 small (28 g)	–
Pineapple canned	1/2 cup (78 g)	Drain syrup

Grains & Starches

Grain/Starch	Safe Portion	Notes
White rice, cooked	1 cup (190 g)	Brown rice same
Quinoa, cooked	1 cup (140 g)	Complete protein
Rolled oats, dry	1/2 cup (52 g)	Avoid flavoured packs
Corn tortillas	2 small (60 g)	Check wheat
Polenta, cooked	1 cup (250 g)	–
Rice noodles	1 cup (145 g)	Vermicelli
Buckwheat groats	1 cup (168 g)	Naturally GF
Millet, cooked	1 cup (200 g)	–
GF pasta rice/corn	1 cup (145 g)	No chicory
Sourdough spelt bread	2 slices (50 g)	Long-ferment
Rice paper	4 sheets (32 g)	Spring rolls
Puffed rice cereal	1 cup (17 g)	Check sweeteners
Popcorn air-popped	2 cups (16 g)	Limit butter
GF potato gnocchi	1 cup (145 g)	Wheat gnocchi high
Cornflakes plain	1 cup (25 g)	No inulin

Dairy & Alternatives

Dairy/Alt	Safe Portion	Tip
Lactose-free milk	1 cup (250 ml)	
LF yogurt	¾ cup (170 g)	Greek
Cheddar cheese	2 slices (40 g)	Hard cheese low lactose
Parmesan	¼ cup (20 g)	
LF ice cream	1/2 cup (75 g)	Check chicory
Firm tofu	1 cup (170 g)	Silken high
Almond milk unsweet	1 cup	
Light coconut milk	1/2 cup (120 g)	Full-fat high at ¾ cup
Rice milk	1/2 cup (125 ml)	
Soy milk isolate	1 cup (250 ml)	Whole bean high
Hard goat cheese	2 slices (40 g)	
Butter	2 Tbsp (28 g)	Trace lactose
LF cream cheese	2 Tbsp (40 g)	
LF kefir	1 cup (250 ml)	Plain
Whey isolate powder	1 scoop (25 g)	No inulin

Condiments & Extras

Condiment	Safe Portion	Note
Garlic-infused olive oil	Unlimited	No fructans
Tamari GF soy	2 Tbsp (42 g)	
Ketchup	1 Tbsp (20 g)	HFCS-free
Maple syrup	2 Tbsp (40 g)	Honey high
Yellow mustard	1 Tbsp (15 g)	
Mayonnaise	2 Tbsp (40 g)	No garlic powder
Oyster sauce	1 Tbsp (20 g)	GF brand
Low-FODMAP BBQ sauce	2 Tbsp (40 g)	Certified
Chili paste sambal	1 tsp (5 g)	Check garlic
Balsamic vinegar	1 Tbsp (15 g)	Large serve high
White sugar	1 Tbsp (12 g)	
Cocoa powder	2 Tbsp (20 g)	Unsweet
Gelatin powder	1 Tbsp (9 g)	
Sesame seeds	2 Tbsp (18 g)	
Peanut butter smooth	2 Tbsp (32 g)	No honey