

Certified Low-FODMAP & Low-FODMAP (by ingredient) Products United States List *Please see disclaimer on last page.*



Certified

MEAL SOLUTIONS

FODMAPPED - Green Curry Simmer Sauce

FODMAPPED - Sweet Chili Basil +
Lemongrass Stir-Fry Sauce

FODMAPPED - Butter Chicken Curry Simmer Sauce



SOUPS

FODMAPPED Minestrone

FODMAPPED Roasted Pumpkin with a Hint of Sage

BREAKFAST

FODMAP-friendly Products

EnviroKidz Organic Gorilla Munch Cereal

Erewhon Crispy Brown Rice Cereal

Freedom Foods Maple Crunch Cereal

Gluten Free Chex™ Original oatmeal

Ancient Harvest Quinoa Flakes, Organic and Gluten Free

Food For Life's Wheat and Gluten Free Brown Rice English
Muffins

Cherrybrook Kitchen - Gluten Free Dreams Pancake & Waffle
Mix

Brekki Overnight Oats

Qrunch Original Quinoa Breakfast Toastables

SNACKS

Certified low-FODMAP

FODY - Dark Chocolate, Nuts & Sea Salt Snack Bars

FODY - Almond Coconut Snack Bars

FODY - Kettle Cooked BBQ Chips

FODY - Mockingbird Trail Mix

FODY - Woodpecker Trail Mix

Low-FODMAP by Ingredient

Snacks and Bars

Rachel Pauls™ Happy Bars Chocolate Chip Delight, Peanut Maple
Pleasure, Peanut Chocolate Euphoria, Orange Chocolate Ecstasy

Lundberg Rice Cakes

Lundberg Sea Salt Rice Chips

Blue Diamond Almond Nut Thins

Snyder's of Hanover Gluten-Free Mini Pretzels

Glutino Gluten Free Pretzel Twists

Glutino Big Pretzels

Snyder's Gluten Free Pretzels

Tostitos® SCOOPS!®, Bite Size or Crispy Rounds

Food Should Taste Good Lime tortilla chips

PopChips Original or Sea Salt Potato Chips

Rise Buddy Sea Salt flavor

Pop Art Snacks Popcorn (Nori Sesame, Rosemary Truffle)

Quinn Snacks Vermont Maple Kettle Corn

SuperSeedz Cinnamon & Sugar

Simple Mills Original Sprouted Seed Crackers

Mary's Gone Crackers Black Pepper Crackers

Le Pain des Fleurs Crispbread, Quinoa

Orgran Buckwheat Gluten-Free Crispbread

RW Garcia 3Seed Sweet Potato Crackers (limit to 1/2 cup)

SeaSnax Big Grab & Go Lime

Outshine Strawberry or Lime Frozen Fruit Bars

KIND Maple Pumpkin Seeds and Sea Salt

GoMacro Macrobars Peanut Butter

Bobo's Oat Bars - coconut, peanut butter and original flavor

Nature's Path Peanut Buddy

Certified Low-FODMAP and FODMAP-friendly Products

Kiwa Golden Plantain Chips

Trader Joe's Gone Bananas (bananas dipped in chocolate)

Hail Merry Dark Chocolate Macaroon Merry Bites

Hail Merry Salted Brownie Merry Bites

Wild Things Dark chocolate raspberry skinny dipped almonds

Alpendough Snickerdoodle cookie dough

Pamela's Gluten-free Pecan Shortbread cookies

Ocean Beauty Salmon Jerky

Cookie Chips gluten-free chocolate chip and lemon sugar cookies

Co Yo Coconut Yogurt (plain, blueberry)

BREAD, WRAPS, BAKING MIX, etc.

FODMAP-friendly

Udi's

- Gluten Free White Sandwich Bread
- Whole Grain Bagels
- Gluten Free Pizza Crusts
- French Baguettes

Chebe Bread All-Purpose Mix and Cinnamon Roll Mix

Rudis Gluten Free Tortillas, Plain

Food for Life Brown Rice Tortillas

Rose Acre Farms EggLife Wraps

Ian's Gluten-Free Panko Bread Crumbs

Aleia's Gluten-Free Plain Bread Crumbs

PROTEIN POWDERS

Stellar Labs Low Carb Gluten Free Cold Pressed Vanilla Whey Isolate Protein Powder

Jay Robb Unflavored Egg White protein powder

NutriBiotic Organic Rice Protein, Chocolate

Jarrow Brown Rice Protein (Vanilla or Chocolate Flavor)

Solgar Whey To Go® Protein Powder Natural Vanilla Flavor

CONDIMENTS, SPREADS, FLAVORINGS

*Steer clear of anything that contains high fructose corn syrup, fructose, apple or pear juice/concentrate, garlic, onion, inulin. ***For more information about how to spot High-FODMAP ingredients** [learn about my online course](#).*

BBQ Sauce - FODY

Butter

Capers (in vinegar or salted)

Chutney (1 tablespoon)

Fish sauce

Hot sauce - Texas Pete Original Hot Sauce (no garlic)

Horseradish

Garlic-Infused Olive Oil - FODY

Shallot Infused Olive Oil - FODY

Ketchup - FODY

Mayonnaise (low fat or regular)

- Sir Kensington's Classic Mayonnaise
- Chosen Foods Coconut Oil Mayo
- Hellmann's Real Mayonnaise

Mint jelly or mint sauce

Miso paste

Oyster sauce

Mustard (yellow or mild)

Pasta Sauce - Sauces below are certified low-FODMAP, free of garlic, onion and high fructose corn syrup

- FODMAPPED Tomato Pasta Sauce Slow Roasted Vegetables
- FODY
- Rao's Homemade Sensitive Formula Marinara Sauce
- Prego Sensitive Recipe

Salad dressings

- Live Free - Low Fodmap Ranch Dressing
- Christo's Yasou Greek Salad Dressing

Salsa - FODY (see link for Casa de Sante salsa below as well)

Seasonings

Certified Low-FODMAP and FODMAP-friendly Products

Seasonings

- Paleo Powder Fodmap All Purpose Seasoning
- Taco Seasoning - FODY
- Lemon & Herb Seasoning - FODY
- Steak Spice Blend - FODY

Casa de Sante (certified low-FODMAP)

- Spices, stock, salsa, sauces, salad dressings

Shrimp paste

Soy sauce

Sweet and sour sauce

Tomato paste

Verjuice

Vinegar - apple cider, balsamic (1 tablespoon only), malt, red wine, rice wine

- Marukan Seasoned Rice Vinegar 12 Oz (12 ounce)

Worcestershire sauce

Wasabi paste

Almond butter (1 tablespoon)

- Maisie Jane's Organic Almond butter
- Justin's Maple Almond Butter (squeeze packs, great for on the go!)

Ghee

- Fourth & Heart White Truffle Salt Ghee Butter (lactose-free)

Jam - marmalade, strawberry

- Welch's Natural Strawberry Spread

Peanut butter

Seed butter

- SunButter
 - 88 Acres
- Vegemite

SOUP/STOCK BASE

- Chicken Soup Base - FODY
- Vegetable Soup Base - FODY

CHOCOLATE

Stick to 30 grams or 5 small squares dark chocolate

Pascha 85% Cacao Mini Chocolate Bars

Wild Ophelia Maine Sea Salt Peanut Butter Cups

Ethereal Confections Foil Wrapped Mini Bunny

Chua Dark Chocolate Organic Blueberry Lavender

Vosges Mo's Dark Chocolate Bacon Bar

Alter Eco - 85% Dark Blackout USDA Organic and Fair Trade

Ghirardelli Intense Dark 86% Cacao Chocolate Bars

Green & Blacks 85% Cacao bars

Endangered Species 88% Cacao bars

Endangered Species Dark Chocolate Bites with 88% Cocoa

Theo 85% Cacao bars 100% Organic

Chocolove 70% Cacao bars

Artisan Kettle Organic Bittersweet Chocolate Chips

DAGOBA ECLIPSE Extra Dark chocolate bar 87% Cacao

Lindt Chili EXCELLENCE Bar

In Australia

Cadbury Coco Block Chocolate:

Coles Belgian 70% Dark Chocolate

In Canada

Purdys Classic Bar - 88% Dark Chocolate

Purdys Ecuador With Himalayan Pink Salt and Lampong Pepper

Zazubean (Canada) – 80% dark chocolate bar

Chocolatier Constance Popp Bacon Bark (dark chocolate)

In the UK

Montezuma's Sea Dog - Dark Chocolate with Sea Salt & Lime Bar

Montezuma's Dark Chocolate Egg with Dark Mini

CANDY

Tory & Howard Meyer Lemon & Raspberry hard candies

Project 7 Champagne Dreams Gourmet Gummies

TruJoy Organic Bunny Shaped Lollipops



Certified Low-FODMAP and FODMAP-friendly Products

CANDY continued

Marshmallows (made without high fructose corn syrup)
SMASHMALLOW gourmet marshmallows
Dandies Vegan Marshmallows
Peeps
Runts
Swedish fish
Sweet tarts
Sour patch kids
Smarties
Life Savers Pepp-O-Mint hard candies
Trader Joe's Organic Peppermints

Drinks

Milk

Fairlife® 2% reduced fat ultra-filtered milk (lactose free) [click here for store finder](#) (Target, Kroger, Safeway, Sprouts and more)

Lactaid Milk

8th Continent Soy Milk - made from soy protein, *not soy beans*

Suzie's Unsweetened Quinoa Milk

Milkadamia Macadamia milk

Elmhurst 1925 Almond milk (just filtered water and almonds)

MALK Unsweetened Almond Milk (Organic almonds, Himalayan salt, filtered water)

Ginger, Coconut Water Etc.

Casa de Sante (certified low-FODMAP) LemonAID Ayurvedic

Digestive Drink – Original or Cayenne

Mr Mak's ® Original Dynasty Gin Bao

Coconut water - **100ml/100g is a low-FODMAP serving

- Amy & Brian Coconut Water
- Obrigado Coconut Water
- ZICO
- Naked

Ginger Shots - Kiwi Ginger, Lemon Ginger, Pineapple Ginger

Drink Maple Pure Maple Water

Cranberry juice (stick to 1 glass/250ml)

Coffee, tea and other drinks - see my grocery list

Disclaimer:

Products that are underlined contain links to where you may purchase these products such as [amazon.com](#), [vitacost.com](#), Thrive or to buy direct from the brand. I receive a tiny commission when links are clicked and products are purchased.

*The products listed under "**Low-FODMAP by Ingredient**" appear to be low in FODMAPs based on the low-FODMAP ingredients used. They have not been laboratory tested and analyzed for FODMAPs, however, no HIGH-FODMAP ingredients seem to be present. Please also remember that if you find a product with several ingredients listed and the last 2-3 ingredients are high-FODMAP, the product may be suitable to consume as it means those last ingredients are present in much smaller amounts. "...ingredients are listed with the most predominant ingredient first. So if honey is the last ingredient in the list (an indication it's not used to sweeten the product), it's likely a low-FODMAP food. Suggest clients avoid products in which FODMAPs are more abundant or if multiple FODMAPs are present. Furthermore, clients should take note of added fiber ingredients such as inulin, often labeled as chicory root extract and fructo-oligosaccharides. Both are sources of fructans and can trigger symptoms." Source: Successful Low-FODMAP Living – Experts Discuss Meal-Planning Strategies to Help IBS Clients Better Control GI Distress by Kate Scarlata, R.D, LDN, Today's Dietitian, Vol. 14 No. 3 P. 36

The information presented on this handout is not intended to take the place of your personal physician's advice and is not intended to diagnose, treat, cure or prevent any disease. Discuss this information with your own physician or healthcare provider to determine what is right for you. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. Should you have any health care-related questions, call or see your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here by any of the contributors.

