

# Low-FODMAP Foods for Vegans

| Legumes  | Nuts/<br>Seeds  | Vegetables  | Fruits  | Grains  | Beverages  | Sweeteners  |                          |
|--|---|---|---|---|--|---|--------------------------|
| <p>Tofu, tempeh, peanut butter, small amounts (1/4 cup per meal) of canned butter beans, lima beans, chickpeas or lentils</p> <p>Pea and rice protein isolates</p> | <p>Macadamias, peanuts, pecans, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts (limit almonds and hazelnuts to less than 10 nuts per serving)</p> | <p>Bok choy, green beans, bell peppers, bok choy, Brussel sprouts, carrot, chicory leaves, collards, cucumber, dulse, eggplant, endive, fennel bulb, fennel leaves, kale, lettuce, radicchio, okra, spring onion (green tops only), parsnip, potatoes, radish, spaghetti squash, baby spinach, Swiss chard, tomatoes, turnip, water chestnuts, zucchini</p> | <p>(Limit fruit to one serving per meal)</p> <p>Banana, blueberries, grapes, kiwi, lemon, mandarin oranges, cantaloupe, honeydew melon, navel oranges, papaya, pineapple, raspberries, rhubarb, starfruit, strawberries</p> | <p>Quinoa, rice, rice noodles, oats, polenta, rice crackers</p> | <p>Black or green tea, coffee, weak herbal tea, &lt;1/2 cup orange juice</p>     | <p>Stevia, brown sugar, raw sugar, white sugar, maple syrup, rice malt syrup, marmalade, sucralose</p>                                |                          |
|  |   |   |   | <p>Less than one slice per meal of gluten-free bread</p>        | <p><b>Snacks</b></p>   | <p><b>Cheese/Milks</b></p>  | <p><b>Condiments</b></p> |
|  |   |   |   | <p>Dark chocolate, corn chips, popcorn</p>                      | <p>Almond milk, soy milk made from soy protein (but not from whole soybeans)</p> | <p>Black and green olives, seaweed, coconut milk, miso, marmite nutritional yeast, "Vegg" egg yolk, EnerG Egg Replacer, Agar-agar</p> |                          |
|  |   |   |   |   | <p><b>Alcohol</b></p>  | <p><b>Oils</b></p>  |                          |
|  |   |   |   |   | <p>Beer, wine, gin, vodka, whiskey</p>   | <p>Avocado, canola, coconut, olive, peanut, rice bran, sesame, sunflower, soy oils</p>  |                          |
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# High-FODMAP Vegan Foods to Avoid During Elimination Phase

| Legumes  | Nuts/Seeds                 | Vegetables  | Fruits  | Grains   | Beverages   | Sweeteners  |
|--|----------------------------|---|---|--|---|---|
| <p>All except for small quantities of canned butter beans, lima beans, chickpeas or lentils</p> <p>(Sprouted beans may be tolerated)</p> <p>Textured vegetable protein (TVP)</p> <p>Veggie meats made with soy protein</p> | <p>Cashews, pistachios</p> | <p>Asparagus, artichokes, onions(all), leek bulb, garlic, sugar snap peas, beetroot, Savoy cabbage, celery, sweet corn</p> <p>(Pickled onions and beets may be tolerated)</p> | <p>Apples, apricots, avocado, blackberries, boysenberry, cherries, currants, dates, figs, goji berries, grapefruit, lychee, mango, nectarines, peaches, persimmon, plums, pomegranate, watermelon, canned and dried fruit</p> | <p>All wheat-containing products, almond meal, barley, rye</p> | <p>Chamomile tea, fruit juices</p>  | <p>Agave, high-fructose corn syrup (HFCS), fructose, jam, anything sweetened with an ingredient ending in "ol," (like mannitol)</p> |
|  |                            |   |   | <p><b>Alcohol</b></p>  | <p><b>Milks</b></p>   | <p><b>Condiments</b></p>  |
|  |                            |   |   | <p>Port and other fortified wines, brandy, champagne, rum</p>  | <p>Soy milk made from whole soybeans (this is true of most commercial soy milk), milks with added carrageenan</p> | <p>Tahini, chutney, pickles, relish, salsa, commercial salad dressings, garlic or onion powder</p>                                  |