

**THE  
HEALTH  
FORMULA**

## Paleo Low-FODMAP Diet Food List

Food Groups	Eat Freely	May Cause Symptoms	Best Avoided
<b>VEGETABLES</b>	<p style="text-align: center;">Bamboo shoots Beet Bok choy Carrot Cucumber (including pickles made without sugar) Dandelion greens Eggplant Endive Fermented vegetables (raw sauerkraut, or lacto-fermented vegetables) Green beans Kale Lettuce Olives Parsnip Sea vegetables Spinach Spring onion (green part only) Sprouts and microgreens (including alfalfa and sunflower) Summer squash (zucchini, pattypan and yellow squash) Swiss chard Tomatoes (including cherry tomatoes) Winter squash (acorn, butternut, pumpkin and spaghetti squash)</p>	<p style="text-align: center;">Avocado (polyol) Brussels sprouts (fructans) Celery (polyol) Fennel bulb (fructans) Green peas (fructans) Mushrooms (polyol)</p>	<p style="text-align: center;">Artichoke (fructose) Asparagus (fructose) Broccoli (fructans) Cabbage (fructans) Cauliflower (polyol) Garlic (fructans) Jerusalem artichoke (fructans) Leeks (fructans) Okra (fructans) Onion (fructans) Shallots (fructans) Snow peas (fructans, polyols) Sugar snap peas (fructose) Raddichio (fructans) Tomato sauces and tomato paste (fructose, fructans)</p>

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<b>FRUITS</b>	Banana, ripe Blueberries Grapefruit Kiwi Lemon Lime Mandarin Melons (including cantaloupe and honeydew) Orange Papaya Passionfruit Pineapple Raspberries Rhubarb Strawberries	Banana, unripe Longon (polyol) Lychee (polyol) Rambutan (polyol) Grapes (fructose)	Apple (fructose and polyol) Apricot (polyol) Cherries (fructose and polyol) Mango (fructose) Nectarine (polyol) Peach (polyol) Pear (fructose and polyol) Persimmon (polyol) Plum (polyol) Watermelon (fructose and polyol)
<b>PROTEINS</b>	Muscle meats Organ meats Homemade bone broth Fish and Seafood Poultry Eggs Bacon (made without sugar)	<b>X</b>	Legumes (lentils, beans, and peanuts) Soy (including edamame, tofu, tempeh, and soy milk)
<b>FATS</b>	Avocado oil Coconut oil Cod liver oil Ghee Lard from pastured animals Olives and EVOO Macadamia oil Homemade mayonnaise	Avocado (polyol)	Vegetable oils and high pro-inflammatory omega-6 fats (canola, sunflower, safflower, grape seed, soybean, cottonseed and peanut oils) Prepared mayonnaise and salad dressings
<b>STARCHES</b>	Cassava / Yuca Plantain Rutabaga Taro Turnip White potato White rice	Sweet potato (polyol) Yam (polyol)	Legumes

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<b>NUTS &amp; SEEDS</b>	<p style="font-size: 2em; margin: 0;">X</p> <p>All nuts may be difficult to digest, and caution should be taken. Sprouted nuts or homemade sprouted nut butters may be best tolerated.</p>	<p>Most nuts, seeds, and nut butters</p>	<p>Pistachios (fructans) Almonds Hazelnuts</p>
<b>DAIRY</b>	<p>Butter Ghee</p>	<p>High-fat, low-lactose dairy products made from the milk of pastured cows, ideally raw; only if tolerated: Cream Kefir (fermented 24 hours) Yogurt (fermented 24 hours)</p>	<p>Cheese All commercial dairy products made from non-pastured, grain-fed cows, such as commercial yogurt and pasteurized milk</p>
<b>HERBS, SPICES &amp; COOKING INGREDIENTS</b>	<p>Fresh and dried herbs Ginger Pepper Salt (Celtic sea salt, Himalayan salt, Murray River salt) Seaweed Vinegar</p>	<p>Coconut aminos Garlic and onion powders (may contain fructans)</p>	<p>Sugar-, grain-, soy- or gluten-containing seasonings or condiments (ketchup, soy sauce, some tamari sauces, balsamic glaze, commercial mayonnaise and salad dressings) Chicory (fructans) Sugar alcohols (sorbitol, mannitol, xylitol, etc.) Gums, carrageenan, soy lecithin MSG and colorings</p>
<b>SWEETS</b>	<p style="font-size: 2em; margin: 0;">X</p> <p>Best avoided for at least 30 days</p>	<p>Coconut (unsweetened shredded, milk, cream, and butter) Coconut sugar Dark chocolate (100% cacao) Maple syrup</p>	<p>Agave syrup (fructose) Artificial sweeteners (Splenda, aspartame, etc.) High-fructose corn syrup (fructose) Honey (fructose) Refined sugars</p>

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<b>BEVERAGES</b>	<p>Water (flat or sparkling; with lemon or lime juice if preferred)</p> <p>Homemade bone broth</p> <p>Tea (unsweetened white, green, oolong, rooibos)</p> <p>Herbal teas without unsafe fruits</p>	<p>Teas with fruits containing polyols or fructose</p> <p>Decaffeinated coffee (Swiss water processed)</p> <p>Both alcohol and caffeine may irritate the GI tract, though small amounts of coffee, black tea, mate and dry wine may be enjoyed if tolerated.</p>	<p>Beer (most contain gluten and/or mannitol)</p> <p>Fruit juice</p> <p>Soda</p> <p>Wine (ports, late harvest, ice wine)</p>

## Important tips for optimal GI health during your time on a low-FODMAP diet:

- Liver from pastured animals one to two times weekly will help to replenish your vitamin B12, iron, and other nutrients you may be deficient in due to dysbiosis.
- Homemade bone broths can be very healing for the GI tract.
- Meats are most easily digested when prepared at low cooking temperatures, using moist cooking techniques. Consider using a slow-cooker, stewing, braising or poaching for at least 30 days.
- Vegetables should be well-cooked with any seeds removed to improve digestibility; minimize your intake of raw, fibrous fruits and vegetables. For more information on this, see: <http://chriskresser.com/got-digestive-problems-take-it-easy-on-the-veggies>
- Be very careful when eating out, and consider calling ahead to ask about preparation methods and ingredients to find an option that works for you.

Adapted from Aglaee Jacob, MS, RD from <http://radicatanutrition.com/paleo-low-fodmap-diet-food-list/>