

Low-FODMAP Foods for Vegans

Legumes	Nuts/ Seeds	Vegetables	Fruits	Grains	Beverages	Sweeteners
Tofu, tempeh, peanut butter, small amounts (1/4 cup per meal) of canned butter beans, lima beans, chickpeas or lentils	Macadamias, peanuts, pecans, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts (limit almonds and hazelnuts to less than 10 nuts per serving)	Bok choy, green beans, bell peppers, bok choy, Brussel sprouts, carrot, chicory leaves, collards, cucumber, 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	(Limit fruit to one serving per meal) Banana, blueberries, grapes, kiwi, lemon, mandarin oranges, cantaloupe, honeydew melon, navel oranges, papaya, pineapple, raspberries, rhubarb, starfruit, strawberries	Quinoa, rice, rice noodles, oats, polenta, rice crackers	Black or green tea, coffee, weak herbal tea, <1/2 cup orange juice	Stevia, brown sugar, raw sugar, white sugar, maple syrup, rice malt syrup, marmalade, sucralose
				Less than one slice per meal of gluten-free bread		
				Snacks	Milks	Condiments
				Dark chocolate, corn chips, popcorn	Almond milk, coconut milk, soy milk made from soy protein (but not from whole soybeans)	Black and green olives, seaweed, coconut milk, miso, marmite
					Alcohol	Oils
					Beer, wine, gin, vodka, whiskey	Avocado, canola, coconut, olive, peanut, rice bran, sesame, sunflower, soy oils

High-FODMAP Vegan Foods to Avoid During Elimination Phase

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