

# Low Fodmap Foods



**(FODMAP=Fermentable Oligo-Di-Monosaccharides and Polyols)**

*It's possible that you're sensitive towards this group of food.  
Try swapping high FODMAP foods for lower ones and look for signs of improvement in your digestion.*

	Low FODMAP	High FODMAP (avoid these)
Starches	spelt, all gluten-free grains (corn, oats, quinoa, millet, rice, tapioca, buckwheat, amaranth etc.), potatoes, squash, chestnuts	wheat, barley, rye and foods made out of these
Fruits	bananas, blueberries, cantaloupe, cranberries, grapes, honeydew, kiwi, lemons, limes, mandarins, oranges, passion fruit, pineapple, raspberries, rhubarb, strawberries, tangerine	apples, applesauce, apricots, blackberries, boysenberries, canned fruit, dates, dried fruits, figs, guava, mangos, nectarines, papaya, peaches, pears, plums, persimmon, prunes
Vegetables & Sprouts	alfalfa/bean sprouts, bamboo shoots, bell peppers, bok choy, carrots, cucumbers, eggplant, green beans, lettuce, parsnips, radishes, rutabaga, seaweed (nori), spinach, tomatoes, turnips, zucchini	artichokes, broccoli, cabbage, cauliflower, mushrooms, sugar snap peas
Nuts & Legumes	walnuts, macadamia nuts, peanuts, pecan nuts, pine nuts	cashews, pistachios, beans, black eyed peas, bulgur, lentils, miso, soybeans
Beverages	almond-, coconut-, rice milk, fruit and vegetable juices/smoothies made with the foods listed above, tea	soy milk, juices/smoothies made with high-FODMAP ingredients
Condiments	most spices and herbs, chives, maple syrup, mustard, olives, pepper, salt, seeds (chia, flax, pumpkin, sesame, sunflower), soy sauce, tempeh, tofu	jam, agave, garlic, garlic salt/powders, hummus, molasses, onions (brown, leeks, shallots, white), salt, artificial sweeteners

# Recipes

ANTI  
BLOATING  
BUNDLE

## 1. Overnight Oats

This recipe is super simple yet filling and delicious. With these overnight oats, you're guaranteed to start your day satisfied and energized.

### Ingredients

½ cup rolled oats  
½ cup coconut milk  
1 tbsp chia seeds  
2 tbsp almonds, slivered  
½ tbsp maple syrup  
1 tsp vanilla extract  
fresh fruit of your choice

### Instructions

1. Mix all the ingredients together in a glass jar. Stir well, cover, and refrigerate overnight.
2. The next morning, remove from the fridge, top off with your favorite fresh fruit and enjoy!

## 2. Refreshing Smoothie

This smoothie is made only of ingredients that are very gentle to your stomach. The coconut water, cucumber and ginger make for a very fresh taste while the banana adds a little bit of sweetness.

### Ingredients

½ cup coconut water  
1 banana  
1 large cucumber, sliced  
1 inch piece fresh ginger, peeled & sliced  
handful ice

### Instructions

Place all ingredients in a blender and blend until smooth. Enjoy!

## 3. Quinoa Tabbouleh

Another easy to prepare, fresh, light, and delicious meal. You can easily make this salad ahead and store it in your fridge for a couple of days.

### Ingredients

2 cups water  
1 cup quinoa, dry  
1 tsp sea salt  
4 tbsp freshly squeezed lemon juice  
1 cup thinly sliced green onions (only use the green parts)  
1 cup fresh mint leaves, chopped  
1 cup fresh flat-leaf parsley, chopped  
5 persian cucumbers, unpeeled and diced  
2 cups grape or cherry tomatoes, halved lengthwise  
½ cup corn kernels  
1 tsp freshly ground black pepper

### Instructions

1. In a sauce pan, bring water to a boil and add the quinoa. Then reduce heat to low, cover and let simmer until water is absorbed (15-20 minutes). Transfer quinoa into a large bowl and immediately add the lemon juice and 1 teaspoon of salt.
2. Gently fold in the green onions, mint, parsley, cucumbers, tomatoes, corn, and black pepper.
3. Serve at room temperature or slightly chilled. Enjoy!

