

Low FODMAP Diet

FOOD	EAT	AVOID
Vegetables	 lettuce, carrot, cucumber & more	 garlic, beans, onion & more
Fruits	 strawberries, pineapple, grapes & more	 blackberries, watermelon, peaches & more
Proteins	 chicken, eggs, tofu & more	 sausages, battered fish, breaded meats & more
Fats	 oils, butter, peanuts & more	 almonds, avocado, pistachios & more
Starches, cereals & grains	 potatoes, tortilla chips, popcorn & more	 beans, gluten-based bread, muffins & more

All About Low Fodmap Diet Ibs A Very Quick Guide

Peipei Pang



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