

"Yes" foods

High FODMAP Foods

Low FODMAP Foods

Here are some ideas from each of the major food Paleo Autoimmune Protocol food groups!

 <p>Organ Meat bone broth heart kidney liver tongue</p>	 <p>Meat & Poultry beef bison chicken lamb mutton pork turkey wild game</p>	 <p>Fish anchovies catfish cod halibut herring mackerel mahi mahi salmon sardines snapper tilapia trout tuna</p>	 <p>Shellfish clams crab crawfish lobster mussels octopus oysters prawns scallops shrimp squid</p>	 <p>Sea Vegetables aramé dulse kombu nori wakame</p>	 <p>Leafy Greens arugula beet greens bok choy carrot tops collard greens dandelion greens endive herbs kale lettuce mustard greens napa cabbage spinach Swiss chard turnip greens watercress</p>
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 <p>Cruciferous Vegetables arugula broccoli Brussels sprouts cabbage cauliflower collard greens kale kohlrabi mustard greens napa cabbage radishes radicchio turnips watercress</p>	 <p>Root Vegetables & Winter Squash arrowroot beets carrots cassava (tapioca, yuca) jicama pumpkins squash rutabagas sweet potatoes taro yams</p>	 <p>Berries blackberries blueberries cranberries currants grapes raspberries strawberries</p>	 <p>Citrus Fruit clementines grapefruit lemons limes Mandarin oranges oranges</p>	 <p>Olives & Other High-Fat Fruits avocados black olives coconuts green olives</p>	 <p>Onions, Garlic & Other Alliums chives garlic leeks onions scallions shallots spring onions</p>
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 <p>Other Fruits & Veggies apples apricots artichokes asparagus bananas cantaloupes capers</p>	 <p>Other Fruits & Veggies celery cherries coconuts cucumbers dates figs honeydew melons</p>	 <p>Other Fruits & Veggies kiwis mangoes nectarines okra papayas peaches pears</p>	 <p>Other Fruits & Veggies pineapples plantains plums pomegranates watermelons zucchini</p>
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*Yes, you get to add herbs, spices, and other ingredients to prepare these foods in delicious ways! See page 68.

"No" foods

High FODMAP Foods

Low FODMAP Foods



Alcohol

Beer, wine (okay for cooking), spirits



Eggs



Coffee

Except for perhaps an occasional cup



Grains

Barley, corn, durum, fonio, Job's tears, kamut, millet, oats, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and semolina), wild rice



Grainlike Seeds

Amaranth, buckwheat, chia, quinoa



Dairy

Butter, buttermilk, butter oil, cheese, cottage cheese, cream, curds, dairy-protein isolates, ghee, heavy cream, ice cream, kefir, milk, sour cream, whey, whey-protein isolate, whipping cream, yogurt



Legumes

Adzuki beans, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas (garbanzo beans), fava beans (broad beans), great Northern beans, green beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, peanuts, peas, pinto beans, runner beans, split peas, soybeans (including edamame, tofu, tempeh, other soy products, and soy isolates, such as soy lecithin)



Processed Vegetable Oils

Canola oil (rapeseed oil), corn oil, cottonseed oil, palm kernel oil, peanut oil, safflower oil, soybean oil, sunflower oil



Processed Food Chemicals & Ingredients

Acrylamides, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum), hydrolyzed vegetable protein, monosodium glutamate, nitrates or nitrites (naturally occurring are okay), olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats (partially hydrogenated vegetable oil, hydrogenated oil), yeast extract, any ingredient with a chemical name that you don't recognize



Problematic Sugars & Sweeteners

Agave, agave nectar, barley malt, barley malt syrup, brown rice syrup, brown sugar, cane crystals, cane sugar (refined), caramel, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, dehydrated cane juice, demerara sugar, dextrin, dextrose, diastatic malt, evaporated cane juice, fructose, fruit juice, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, high-fructose corn syrup, invert sugar, inulin, lactose, malt syrup, maltodextrin, maltose, monk fruit (luo han guo), panela, panaocha, refined sugar, rice bran syrup, rice syrup, sorghum syrup, sucrose (saccharose), syrup, treacle, turbinado sugar, yacon syrup



Sugar Substitutes

Acesulfame potassium (acesulfame K), aspartame, erythritol, mannitol, neotame, saccharin, sorbitol, stevia, sucralose, xylitol



Nuts & Seeds

Almonds, Brazil nuts, cashews, chestnuts, flax seeds, hazelnuts, hemp seeds, macadamia nuts, pecans, pine nuts, pistachios, poppy seeds, pumpkin seeds, sesame seeds, sunflower seeds, walnuts, any flours, butters, oils, or other products derived from nuts or seeds



Nightshades & Spices Derived from Nightshades

Ashwagandha, bell peppers (sweet peppers), cayenne peppers, cape gooseberries (ground cherries, not to be confused with regular cherries, which are okay), eggplant, garden huckleberries (not to be confused with regular huckleberries, which are okay), goji berries (wolfberries), hot peppers (chili peppers and chili-based spices), naranjillas, paprika, pepinos, pimentos, potatoes (sweet potatoes are okay), tamarillos, tomatillos, tomatoes (Note: Some curry powders contain nightshade ingredients.)



Spices Derived from Seeds

Anise, annatto, black caraway (Russian caraway, black cumin), celery seed, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg

High FODMAP Foods

Low FODMAP Foods

herbs, spices, and flavor combos

Unfortunately, many seasonings end up on the "no" list because they're derived from nightshades, seeds, or other "no" foods. Here are the herbs, spices, and other flavorings that are on the "yes" list.



Herbs, spices, and other flavorings

basil (sweet, Thai, etc.)	cloves	lemongrass	rosemary	thyme
bay leaf	dill weed	mace	saffron	turmeric
chamomile	fennel leaf	marjoram	sage	truffle (whole truffles, truffle oil, or truffle salt)
chives	garlic	mint (peppermint, spearmint, etc.)	savory	vanilla extract
cilantro (coriander leaf)	ginger	oregano leaf	sea salt	
cinnamon	horseradish	parsley	tarragon	

Want to experiment with your own flavor combinations? Here are some great starting points.

ASIAN	Lemongrass, coconut aminos, fish sauce, garlic, ginger, lime
GREEK	Basil, oregano, lemon, olive oil, olives
ITALIAN	Balsamic vinegar, basil, garlic, marjoram, olive oil, oregano, rosemary, sage, thyme
MIDDLE EASTERN	Lemon, cinnamon, cloves, garlic, mace, mint, olive oil, olives, onion, turmeric

Here are some other ingredients that can help you achieve that perfect flavor and/or texture.

ACIDITY	Apple cider vinegar, balsamic vinegar, grapefruit, lemon, lime, orange
HEARTINESS	Butternut squash, carrot, celery root, plantain, rutabaga, sweet potato
SAVORY BOOST	Apple cider vinegar, balsamic vinegar, coconut aminos, fish sauce, molasses, mushrooms, truffle salt
SWEET ADDITIONS	Coconut milk, dried fruit, pureed fruit, fruit juice (in small quantities), ripe bananas and plantains, honey, maple syrup, molasses, sweet potatoes
TEXTURE	Apple chips, berries, coconut flakes, dried dates or figs, nori, raisins, roasted vegetables
THICKENERS	Arrowroot starch; tapioca starch; pureed plantain, sweet potato, or butternut squash