



GUIDE FOR A LOW FODMAP DIET

Maximum 1 yellow item per meal



DAIRY & OTHER FOODS

<p>Bread</p> <p>Wheat-free or gluten-free bread & rolls (eg. Dambert Nutrition). 100% sourdough spelt bread*, wheat-free or gluten-free pita bread, naan bread, pizza crusts, ciabatta (eg. Dambert Nutrition)</p>	<p>Flours & Baking</p> <p>Wheat-free or gluten-free flour or mix*, cornstarch, cornmeal, millet, flour, polenta meal, rice flour, teff, tapioca flour, buckwheat flour, quinoa flour, arrowroot, potato starch, tapioca starch</p>	<p>Pasta & Noodles</p> <p>Quinoa pasta, rice noodles, buckwheat noodles, chickpea pasta, kelp noodles, soba noodles, risotto</p>	<p>Cereals</p> <p>Buckwheat flakes, oat flakes (eg. Dambert Nutrition), gluten-free cornflakes</p>	<p>Biscuits & Crackers</p> <p>Gluten-free crackers (eg. Dambert Nutrition), corn wafers</p>	<p>Sweet Biscuits & Pies</p> <p>Oat-based cookies, gluten-free cookies* (eg. Dambert Nutrition)</p>	<p>Bread Crumbs & Cake</p> <p>Wheat-free or gluten-free varieties & mixes (eg. Dambert Nutrition). Polenta, oats, gluten-free breadcrumbs (eg. Dambert Nutrition)</p>	<p>Fruit</p> <p>Strawberries, pineapple, plantain, banana, lemon, durian, dragon fruit, grapes, kiwi, lime, mandarins, mineola, papaya, rhubarb, orange, starfruit, and lingonberries (maximum 150 grams of fruit per serving)</p>	<p>Vegetables</p> <p>Potato, endive, canned bamboo shoots, kale, canned mushrooms, Chinese cabbage, Japanese pumpkin, celery, cucumber, spring onion (green part), oyster mushrooms, red bell pepper, parsnip, radish, lettuce (butter, red, arugula, iceberg), chard, bean sprouts, spinach, regular tomato, carrot, seaweed, seitan, tofu, quorn</p>	<p>Nuts & Seeds</p> <p>Macadamias, pecans, peanuts, psyllium husk, chestnuts, walnuts</p>	<p>Herbs, Spices, & Fats</p> <p>Basil, chives, cayenne pepper, lemongrass, dill, tarragon, ginger, cinnamon, caraway seeds, cardamom, curry, chervil, cumin, coriander, cloves, turmeric, lime leaf, marjoram, nut, oregano, paprika, parsley, rosemary, thyme, vanilla, licorice, peanut oil, avocado oil, butter, ghee, margarine, coconut oil, canola oil, olive oil, vegetable oil, rice oil, sesame oil, sunflower oil</p>	<p>Other</p> <p>Plain potato chips, apple fiber, all types of flavorings, pickles, vinegar (except balsamic), baking powder, baking soda, onion/garlic-free barbecue sauce, chili sauce, jam and marmalade (made from allowed fruits), ginger, capers, soy sauce (ketchup), mayonnaise, mustard, olives, peanut butter, millet or corn popcorn, vanilla extract, fish sauce, xanthan gum</p>	<p>Milk & Cheese</p> <p>Cheese, hard cheddar, edam, feta, gouda, gorgonzola, Swiss cheese, emmental, brie, camembert. Lactose-free dairy, cottage cheese, milk cream, yogurt, Coconut yogurt. Plant-based milk alternatives: almond milk, hazelnut milk, rice milk, soy milk, sorbet</p>	<p>Other Foods</p> <p>Red meat, fish, poultry, eggs Sweeteners: maple syrup, aprartame, dextrose, glucose, golden syrup, molasses, rice syrup, stevia, sugar, in moderation, tagatose Beverages: cranberry juice, espresso, green tea, fresh vegetable juice, coffee, peppermint tea, weak chai tea, weak black tea, water, white tea</p>	<p>Maximum 1 yellow item per meal</p> <p>Corn tortillas (3 pieces, 50g), combread (3 slices)</p>	<p>Almond meal (35g), puffed amaranth (20g), cooked buckwheat groats (55g)</p> <p>Corn/rice couscous (50g), bulgur (60g cooked), Wheat-free or gluten-free pasta (150g) (eg. Dambert Nutrition) Puffed rice (30g), spelt pasta (uncooked, 75g)</p>	<p>Oatmeal and bran (50g), breakfast cake (1 slice)</p>	<p>Crispbreads (2 pieces), cornflakes (30g), plain rice cakes (3 pieces)</p>	<p>Sweet potato (105g), canned artichoke hearts (55g), eggplant (180g), fresh beans (30g) - canned (85g), celery (20g), broccoli (200g), cassava (100g), zucchini (70g), peas (20g), canned chickpeas (85g), canned lima/butter beans (60g), cooked or canned lentils (15g), okra (75g), bok choy (100g), green bell pepper (55g), leek (green part) (50g), snow peas (25g), savoy cabbage (50g), green beans (100g), Brussels sprouts (75g), canned tomatoes (120g), seared tomatoes (200g), fennel (75g), endives (25g), white cabbage (125g), sun-dried tomatoes (4 pieces), tempai (150g), chili, pepper (1 piece)</p>	<p>Almonds (10 pieces), chia seeds (3 tbsp), flaxseeds (1 tbsp), hazelnuts (20 pieces), pine nuts (4 tbsp), pumpkin seeds (60g), sesame seeds (3 tbsp), sunflower seeds (3 tbsp)</p>	<p>Balsamic vinegar (2 tbsp), cocoa powder (12g), milk and white chocolate (30g), dark chocolate (90g), chutney (50g), ketchup (2 tbsp), oyster sauce (1 tbsp), piccalilli (30g), tahini (30g), tomato paste (30g)</p>	<p>Goats cheese (60g), Greek yogurt (110g), Halloumi cheese (100g), Mozzarella (100g), Ricotta (80g), whipped cream (2 tbsp), other cheeses: feta (40g), mascarpone (40g), cream cheese (40g), sour cream (60g), oat milk (40g)</p>	<p>Beverages: beer, gin, red wine, whiskey, white wine, vodka (1 glass), cocoa powder (10g), oat milk (30 ml), coconut water (100 ml), coconut milk (125 ml), fresh orange juice (125 ml), strong chai tea (150 ml), strong black tea (180 ml), tomato juice (125 ml), fruit juice from allowed fruits (120 ml)</p>	<p>All wheat bread and rolls including pita bread, ciabatta, focaccia, panini, naan, garlic bread, rye bread, rye crispbread, raisin bread, pizza</p>	<p>Almond meal (35g), puffed amaranth (20g), cooked buckwheat groats (55g) Whole wheat flour, rye flour, barley flour, spelt flour, soy flour, almond flour, coconut flour, chestnut flour, amaranth flour, kamut flour, ankinor flour, lupin flour, Jerusalem artichoke flour, chicory flour, pea flour, safsify flour.</p>	<p>All fresh and dried wheat pasta, spelt pasta, gnocchi, wheat noodles, udon, ramen</p>	<p>Wheat and grain products based on bran, sprouts, and muesli</p>	<p>Wheat crackers, spelt crackers, rye crispbread</p>	<p>All cookies and cakes made with wheat flour and cereal bars with high FODMAP ingredients, eg. dates, fructose, wheat</p>	<p>All baked products made with wheat flour, breaded fish & poultry, such as fish sticks, tempura, scotch egg</p>	<p>Apricots, apple, overripe banana, blackberries, persimmon, cherries, mango, nectarine, pear, peach, plums, fresh figs, watermelon, black currants, canned fruit, concentrated fruit, large portions of fruit, dried apricots, apples, dates, mango, pear, prunes, sultanas, and dried figs. Fruit juices.</p>	<p>Jerusalem artichoke, artichoke, asparagus, cauliflower, beans, mushrooms, kidney beans, chickpeas, spring onion - (white part), leeks (white and light green parts), string beans, soybeans, split peas, sugar snap peas, broad beans, onions (all types), sauerkraut, feta, lentil burgers and other pre-made burgers, soft tofu, soy chunks</p>	<p>Cashews, pistachios</p>	<p>Garlic, onion powder, other spices (not listed in the green column)</p>	<p>Aloli, jam made from non-allowed fruit, tzatziki, lupine, inulin</p>	<p>Pudding, condensed milk, goat milk, sheep milk, buttermilk, milk powder, condensed milk, cow milk, kefir, curd, cream, yogurt, ice cream, cream cheese, Coconut milk with inulin</p>	<p>Sweeteners: agave syrup, apple syrup, fruit syrup, fructose, honey, high fructose corn syrup, erythritol, isomalt, lactitol, maltitol, mannitol, polydextrose, polyglycol, sorbitol, xylitol Beverages: cider, sparkling wine, rum, highly sweetened drinks (dessert wine, liqueur, muscat wine, port, rum, sake, sherry, vermouth), sweet wine, dandelion tea, chamomile tea, fennel tea, coffee with milk, chicory coffee, strong tea, fruit juices from non-allowed fruits, orange juice from a carton</p>
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FRUITS AND VEGETABLES

GRAINS AND GRAIN PRODUCTS

*Check for other FODMAP ingredients. Dambert Nutrition recommends not starting a low FODMAP diet independently. It is always wise to consult a registered dietitian when following a low FODMAP diet. It is also important to test individual tolerance and consider your own symptoms when incorporating new foods into your diet, especially if you are following a strict FODMAP diet.



Scan this code for our full list of low FODMAP products.



FODMAP diet

LESS SUGARS



Damhert Pure Fruit
Four Fruit Jam

LESS SUGARS



Damhert Pure Fruit
Strawberry Jam

LESS SUGARS



Damhert Pure Fruit
Blueberry Jam

LESS SUGARS



Damhert Pure Fruit
Orange Jam

FIBRE FIT



Damhert Fibre Fit
Oat Flakes BIO

FIBRE FIT



Damhert Fibre Fit
Oatbran BIO

LACTOSE FREE



Damhert Lactose Free/
Gluten Free White Chocolate
Crisp Tablet

LACTOSE FREE



Damhert Lactose Free/
Gluten Free
Chocolate tablet milk

LACTOSE FREE



Damhert Lactose Free/
Gluten Free Chocolate
Tablet Praline

LACTOSE FREE



Damhert Lactose Free/
Gluten Free Coconut Bars

LACTOSE FREE



Damhert Lactose Free/
Gluten Free Cocoa Paste

GLUTEN FREE



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Lactose Free Breadcrumbs

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Lactose Free Cakemix BIO

GLUTEN FREE



Damhert Gluten Free
Pancake and Waffle Mix

GLUTEN FREE



Damhert Gluten Free/
Lactose Free Vitale Bread

GLUTEN FREE



Damhert Gluten Free/
Lactose Free Classico Bread

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Damhert Gluten Free/
Lactose Free Grissini's

GLUTEN FREE



Damhert Gluten Free/
Lactose Free Sandwiches

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Damhert Gluten Free/
Lactose Free Hamburger XL

GLUTEN FREE



Damhert Gluten Free/
Lactose Free
King Choc Cookies

FODMAP diet

GLUTEN FREE



Damhert Gluten Free Buckwheat Krakki's

GLUTEN FREE



Damhert Gluten Free Oat Flakes BIO

GLUTEN FREE



Damhert Gluten Free Muesli Chocolate BIO

GLUTEN FREE



Damhert Gluten Free Lasagna

GLUTEN FREE



Damhert Gluten Free/Lactose Free Elbows

GLUTEN FREE



Damhert Gluten Free/Lactose Free Penne

GLUTEN FREE



Damhert Gluten Free/Lactose Free Spaghetti

GLUTEN FREE



Damhert Gluten Free/Lactose Free Spirelli

GLUTEN FREE



Damhert Gluten Free/Lactose Free Salt Sticks

GLUTEN FREE



Damhert Gluten Free Mini Coconut Rocks

GLUTEN FREE



Damhert Gluten Free/Lactose Free Madeleines

GLUTEN FREE



Damhert Gluten Free Almond Cake

GLUTEN FREE



Gluten Free/Lactose Free Oatcakes Chocolate

GLUTEN FREE



Gluten Free/Lactose Free Oatcake Natural

GLUTEN FREE



Damhert Gluten Free Chocolate Coconut Rocks

GLUTEN FREE



Gluten Free/Lactose Free Chocolate Chip Cakes

GLUTEN FREE



Gluten Free/Lactose Free Chocolate Muffins

GLUTEN FREE



Gluten Free/Lactose Free Coconut Digestives

GLUTEN FREE



Gluten Free/Lactose Free Oat Cookies Cranberry BIO

GLUTEN FREE



Gluten Free/Lactose Free Oat Cookies Almond BIO

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FODMAP diet

LOW SALT



**Damhert Low Salt/
Gluten Free Mustard**

LOW SALT



**Damhert Low Salt/
Gluten Free Mayonnaise**

WELLBEING



**Damhert Wellbeing
Detox Tea BIO**

WELLBEING



**Damhert Wellbeing
Imunity Tea BIO**

WELLBEING



**Damhert Wellbeing
Sleep Well Tea BIO**

WELLBEING



**Damhert Wellbeing
Digestion Tea BIO**

RÉGIME



**Régime
Spaghetti BIO**

RÉGIME



**Régime
Rice BIO**

RÉGIME



**Damhert
Spirulina Chips**

VEGAN



**Vegan
Gouda Flavour**

VEGAN



**Vegan
Cheddar Flavour**

VEGAN



**Vegan
Greek Flavour**

BIOFOOD



**Biofood
Oatbran BIO**

BIOFOOD



**Biofood
Quinoa BIO**

BIOFOOD



**Biofood
Quinoa Mix BIO**

BIOFOOD



**Biofood
Black Rice BIO**

BIOFOOD



**Biofood
Millet BIO**

BIOFOOD



**Biofood
Puff Corn BIO**

BIOFOOD



**Biofood
Sunflower Oil BIO**

BIOFOOD



**Biofood Sesame Oil
Cold-Pressed BIO**

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