

**FODMAP- FOCUSED ON LOW FRUCTOSE, BEANS, DAIRY & SOY**  
**Reminder- nobody knows your body like you do- adjust food lists as needed**  
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**PORTION LIST**

<b>PROTEIN</b>		
<b>Food</b>	<b>Serving Size</b>	<b>Notes</b>
<b>MEAT, POULTRY SEAFOOD</b>		
Beef (all cuts, roast, chop, steak, etc.)	1 oz cooked weight without bones	
Beef Jerky	1/2 oz weight	Watch out for sugar
Fish and Shellfish (all kinds including fresh, smoked, canned in water or oil and drained)	1 oz cooked or raw 1 oz raw (e.g. sushi, oysters)	Drain canned seafood before weighing
Game Meat (buffalo, ostrich, rabbit, venison, etc.),	1 oz cooked weight without bones	
Lamb (all cuts, roast, chop, steak, etc.)	1 oz cooked weight without bones	
Organ Meat (heart, kidney, liver	1 oz cooked weight	
Pork (all cuts including ham and Canadian bacon but NOT regular pork bacon)	1 oz cooked weight without bones	Regular pork bacon = fat, not protein
Poultry (all kinds: chicken, duck, goose, turkey and turkey bacon)	1 oz cooked weight without bones	
Veal (all cuts)	1 oz cooked weight without bones	
<b>EGGS OR PROTEIN POWDERS</b>		
Eggs	1 whole egg or 2 egg whites	
Egg Substitutes (e.g. Egg Beaters)	1/4 cup (2 oz weight) egg beaters	
Powdered Nut Butter	2 Tbsp	
Soy free vegan protein powder	1 oz (30g) = 2 protein	

<b>FAT (Check Label: 5 grams fat or 45 calories = 1 fat)</b>		
<b>Food</b>	<b>Serving Size</b>	<b>Notes</b>
Avocado or Guacamole	2 tbsp or 1 oz weighed	
Bacon (regular pork)	1 Slice	No sugar added
Coconut meat (fresh)	1/2 oz	or 1 tbsp dried
Nut -based Coffee Creamer or Half & Half	2 tbsp or 1 oz weighed	Check for sugar in artificial creamers
Coconut Cream	Heavy=1 tbsp; Light=1 1/2 tbsp	
Mayonnaise	1.5 tsp 8 grams or 1/2 tbsp	
Nuts, Seeds (including flax) or Nut Butters	1/4 oz or 1 tbsp nuts/seeds 1/2 tbsp nut butter	<b>Not pistachio or cashew for nuts</b>
Nut Based Yogurt	6 oz or an individual 5.3 oz container = 2 fats	Check label - some are more dense
Nut cheese	1 oz = 2 fat	Daiya cheese does not count this way; 1 oz = 1 fat & 1/2 starch
Oils (olive/sesame best)	1 tsp or 5 grams	
Olives	8 med. pitted (or serv. = 5 gm fat & ~ 45 cal.)	
Most Salad Dressing	1 tbsp or 15 grams or 1/2 oz weighed	Check label - some are more dense- and for safe ingredients
Tahini	1 tbsp	Check label - some are more dense
Pesto- vegan	1 tbsp	Check label - some are more dense- and for safe ingredients

<b>STARCH (Check label: 1 serv = 15-20 grams carb and 80-100 cal)</b>		
<b>Food</b>	<b>Serving Size</b>	<b>Notes</b>
<b>Starchy Vegetables</b>		
Corn, cooked	3 oz weighed or 1/2 cup; or 5 oz on cob	
Hominy	Cooked: 3 oz or 1/3 cup	
Peas, green	3 oz weighed cooked or 1/2 cup	
Parsnips, Plaintains	3 oz weighed cooked or 1/2 cup	
Potatoes, Sweet Potatoes, Yams	3 oz weighed cooked or 1/2 cup	
Pumpkin, canned, no sugar	6 oz weighed or 1 cup	
Squash, winter (e.g. Acorn, Butternut, buttercup, pumpkin, delicata, kabocha)	6 oz weighed or 1 cup	
Succotash/Lima Beans	3 oz weighed or 1/2 cup	
<b>Grains</b>		
Bran (Oat)	1/4 cup dry, 3 oz cooked; 1 oz dry	
Wild Rice	1/2 cup cooked; 3 oz cooked; 1 oz dry	
Grains, dry: (Corn Grits, Millet, Oats, Polenta, Quinoa, Rice)	Cooked: 3 oz weighed, 1/2 cup; 1 oz dry	some companies are much denser than others; check the label
<b>Breads and Processed Grains</b>		
Bread (GLUTEN FREE)	1 oz or 1 slice (~80 calories)	Check label for safe ingredients
Pasta (GLUTEN FREE)	Dry= 1 oz; Cooked= 1/2 cup or 3 oz weight;	Check label
Rice/corn cakes	Rice cakes: up to 20 grams weighed or 80 calories/serving,	Check label
Tortilla (GLUTEN FREE)	1 6" tortilla, or 1 oz or 80-100 cal/serv	
Mary's Gone Crackers	3/4 oz dry	1 oz = 1 starch & 1 fat
Nut Thins	1 oz = 1 Starch & 1 Fat	3/4 oz = 1 starch
Cereal, sugar-free (shredded, flakes, puffed) RICE	1 oz weighed dry	

<b>VEGETABLES (Non-Starchy)</b>		
<b>Food</b>	<b>Serving Size</b>	<b>Notes</b>
<b>All Nonstarchy Vegetables</b> including artichoke, baby corn, bamboo shoots, bean sprouts, cucumber, garlic, green beans, carrots, cauliflower, chayote, daikon, gourds, greens, hearts of palm, jicama, kohlrabi, okra, pea pods, green peppers, radishes, rutabaga, spinach, summer squash (crookneck, spaghetti squash, pattypan), sugar snap peas, Swiss chard, tomato (fresh or canned, sauce), turnips, water chestnuts, yard-long beans	Measured by weight: 4 oz edible portion, weighed cooked or raw  Measured by <b>cup</b> : 1/2 cup cooked; 1 cup raw except lettuce; lettuce 3 cups lightly packed into cup.	
V-8 juice, tomato, carrot or other vegetable juice containing only non-starchy vegetables	4 oz weighed, or 1/2 cup, or one 5.5 oz can	LIMIT TOMATOES
Spaghetti sauce, tomato sauce, marinara	1/2 cup liquid	1/4 cup or less = condiment
<b>Non-Dairy Beverages)</b> <b>Note: I count nutmilks as its own category</b>		
Rice Milk	1 cup liquid or 8 oz weighed	1 cup soy = 1 protein as well
Milk, Almond/Nut Milk Unsweetened	1 cup liquid or 8 oz weighed	
Low Fat Oat Milk	1 cup liquid or 8 oz weighed	Some use as 1 starch due to carbs in it

FRUITS		
<i>Unless otherwise noted, fruit weights are for <b>edible</b> portion only</i>		
Unripe banana, blueberries, cantaloupe, clementine, cranberry, honeydew, kiwi, lemon/lime, mandarins, oranges, pineapple, pomegranate, raspberry, strawberries	6 oz or 1 cup	If measuring edible portion only, remove 1 oz for peel or core, 1 oz for pits, 1/2 oz for pits of apricots and plums
CONDIMENTS		
Check labels for sugar. Bouillon/broth/stock, butter-flavored spray, sugar-free catsup (1 tbsp or 1/2 oz), horseradish, lemon juice, mustard, non-stick cooking spray, pepper, salt, pickles/relish, salsa,	<b>*Up to 20 calories per meal total</b>  (some programs don't worry about condiments)	OK to combine different condiments  Any veggies under 2 oz = condiment; larger serving can be added to total veggies

Note:   tbsp =tablespoon  
           tsp = teaspoon  
           3 tsp = 1 tbsp

**Note- fruits that are HIGH FODMAP**

Apple, apricot, blackberry, cherry, dates, figs, grapefruit, mango, nectarine, pear, plum, prunes, watermelon

Daily Food Plan for: \_\_\_\_\_

Date: \_\_\_\_\_

	Protein	Fat	Starch	Veggies	Dairy	Fruit
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Snack						

Notes: