

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

PROTEIN		
Food	Serving Size	Notes
MEAT, POULTRY SEAFOOD		
Beef (all cuts, roast, chop, steak, etc.)	30 grams cooked weight without bones	
Beef Jerky	15 grams oz weight	Watch out for sugar
Fish and Shellfish (all kinds including fresh, smoked, canned in water or oil and drained)	30 grams cooked or raw 30 grams raw (e.g. sushi, oysters)	Drain canned seafood before weighing
Game Meat (buffalo, ostrich, rabbit, venison, etc.),	30 grams cooked weight without bones	
Lamb (all cuts, roast, chop, steak, etc.)	30 grams cooked weight without bones	
Organ Meat (heart, kidney, liver)	30 grams cooked weight	
Pork (all cuts including ham and Canadian bacon but NOT regular pork bacon)	30 grams cooked weight without bones	Regular pork bacon = fat, not protein
Poultry (all kinds: chicken, duck, goose, turkey and turkey bacon)	30 grams cooked weight without bones	
Veal (all cuts)	30 grams cooked weight without bones	
EGGS OR PROTEIN POWDERS		
Eggs	1 whole egg or 2 egg whites	
Egg Substitutes (e.g. Egg Beaters)	¼ cup (60 grams weight) egg beaters	
Powdered Nut Butter	2 Tbsp	
Soy free vegan protein powder	30 grams = 2 protein	

FAT (Check Label: 5 grams fat or 45 calories = 1 fat)		
Food	Serving Size	Notes
Avocado or Guacamole	2 tbsp or 30 grams weighed	
Bacon (regular pork)	1 Slice	No sugar added
Coconut meat (fresh)	15 grams	or 1 tbsp dried
Nut -based Coffee Creamer or Half & Half	2 tbsp or 30 grams weighed	Check for sugar in artificial creamers
Coconut Cream	Heavy=1 tbsp; Light=1½ tbsp	
Mayonnaise	1.5 tsp 8 grams or ½ tbsp	
Nuts, Seeds (including flax) or Nut Butters	8 grams or 1 tbsp nuts/seeds ½ tbsp nut butter	Not pistachio or cashew for nuts
Nut Based Yogurt	180 grams or an individual 159 grams container = 2 fats	Check label - some are more dense
Nut cheese	30 grams = 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 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

STARCH (Check label: 1 serv = 15-20 grams carb and 80-100 cal)		
Food	Serving Size	Notes
Starchy Vegetables		
Corn, cooked	90 grams weighed or 1/2 cup; or 150 grams on cob	
Hominy	Cooked: 90 grams or 1/3 cup	
Peas, green	90 grams weighed cooked or 1/2 cup	
Parsnips, Plaintains	90 grams weighed cooked or 1/2 cup	
Potatoes, Sweet Potatoes, Yams	90 grams weighed cooked or 1/2 cup	
Pumpkin, canned, no sugar	180 grams weighed or 1 cup	
Squash, winter (e.g. Acorn, Butternut, buttercup, pumpkin, delicata, kabocha)	180 grams weighed or 1 cup	
Succotash/Lima Beans	90 grams weighed or 1/2 cup	
Grains		
Bran (Oat)	1/4 cup dry, 90 grams cooked; 30 grams dry	
Wild Rice	1/2 cup cooked; 90 grams cooked; 30 grams dry	
Grains, dry: (Corn Grits, Millet, Oats, Polenta, Quinoa, Rice)	Cooked: 90 grams weighed, 1/2 cup; 30 grams dry	some companies are much denser than others; check the label
Breads and Processed Grains		
Bread (GLUTEN FREE)	30 grams or 1 slice (~80 calories)	Check label for safe ingredients
Pasta (GLUTEN FREE)	Dry= 30 grams; Cooked= 1/2 cup or 90 grams 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 30 grams or 80-100 cal/serv	
Mary's Gone Crackers	23 grams dry	30 grams = 1 starch & 1 fat
Nut Thins	30 grams = 1 Starch & 1 Fat	23 grams = 1 starch
Cereal, sugar-free (shredded, flakes, puffed) RICE	30 grams weighed dry	

VEGETABLES (Non-Starchy)		
Food	Serving Size	Notes
All Nonstarchy Vegetables 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	<p>Measured by weight: 120 grams edible portion, weighed cooked or raw</p> <p>Measured by cup: 1/2 cup cooked; 1 cup raw except lettuce; lettuce 3 cups lightly packed into cup.</p>	
V-8 juice, tomato, carrot or other vegetable juice containing only non-starchy vegetables	120 grams weighed, or 1/2 cup, or one 160 grams can	LIMIT TOMATOES
Spaghetti sauce, tomato sauce, marinara	1/2 cup liquid	1/4 cup or less = condiment
Non-Dairy Beverages)		
Note: I count nutmilks as its own category		
Rice Milk	1 cup liquid or 240 grams weighed	1 cup soy = 1 protein as well
Milk, Almond/Nut Milk Unsweetened	1 cup liquid or 240 grams weighed	
Low Fat Oat Milk	1 cup liquid or 240 grams weighed	Some use as 1 starch due to carbs in it

FRUITS		
<i>Unless otherwise noted, fruit weights are for edible portion only</i>		
Unripe banana, blueberries, cantaloupe, clementine, cranberry, honeydew, kiwi, lemon/lime, mandarins, oranges, pineapple, pomegranate, raspberry, strawberries	180 grams or 1 cup	If measuring edible portion only, remove 30 grams for peel or core, 30 grams for pits, 15 grams for pits of apricots and plums
CONDIMENTS		
Check labels for sugar. Bouillon/broth/stock, butter-flavored spray, sugar-free catsup (1 tbsp or 15 grams), horseradish, lemon juice, mustard, non-stick cooking spray, pepper, salt, pickles/relish, salsa,	<p>*Up to 20 calories per meal total</p> <p>(some programs don't worry about condiments)</p>	<p>OK to combine different condiments</p> <p>Any veggies under 30 grams = condiment; larger serving can be added to total veggies</p>

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: