

# Vegan Low-FODMAP Shopping Guide

## FRUITS & JUICES

- Avocado (½ avocado)
- Banana, common, ripe (½ banana)
- Banana, common, unripe (1 med.)
- Banana chips (10 chips)
- Banana, sugar, firm (1 small)
- Blueberries (20 berries)
- Cantaloupe (½ cup)
- Clementine
- Coconut, fresh (½ cup)
- Coconut, shredded dried (¼ cup)
- Cranberries, dried (1 tablespoon)
- Cranberry juice (1 cup)
- Currants (1 tablespoon)
- Dragon fruit
- Durian (2 segments)
- Grapes
- Honeydew melon (½ cup)
- Kiwifruit
- Lemon juice (1 teaspoon)
- Lime juice (1 teaspoon)
- Longans (5 longans)
- Lychees (5 lychees)
- Mandarin
- Orange
- Orange juice, fresh (½ cup)
- Papaya
- Passion fruit
- Pawpaw, dried (1 piece)
- Pawpaw, fresh
- Pineapple, fresh
- Plantain, peeled
- Pomegranate (¼ cup seeds; ½ small)
- Prickly pear
- Raisins (1 tablespoon)
- Rambutan (2 rambutans)
- Raspberries, red (10 berries)
- Rhubarb
- Star fruit (carambola)
- Strawberries (10 med.)
- Tamarind
- Tangelo

## NUTS & SEEDS

- Almond butter (2 teaspoons)
- Almonds (10 nuts)
- Brazil nuts (10 nuts)
- Cashew butter (2 teaspoons)
- Chestnuts, boiled (20 nuts)
- Chestnuts, roasted (10 nuts)
- Chia seeds (2 tablespoons)
- Flaxseeds (1 tablespoon)
- Hazelnut spread (4 teaspoons)
- Hazelnuts (10 nuts)
- Macadamia nuts (20 nuts)
- Peanut butter (2 tablespoons)
- Peanuts (32 nuts)
- Pecans (10 halves)
- Pine nuts (1 tablespoon)
- Poppy seeds, black or white (2 tablespoons)
- Pumpkin seeds (2 tablespoons)
- Sesame seeds (1 tablespoon)
- Sunflower seeds (2 teaspoons)
- Tahini (1 tablespoon)
- Walnuts (10 halves)

## SWEETENERS, OILS & CONFECTIONS

- Cacao powder (2 heaping teaspoons)
- Chocolate, dark (5 squares; 1 ounce)
- Cocoa powder (2 heaping teaspoons)
- Jam, strawberry or raspberry (2 tablespoons)
- Maple syrup (1 tablespoon)
- Marmalade, orange (2 tablespoons)
- Oil, all types (1 tablespoon)
- Rice syrup (1 tablespoon)
- Stevia, powder (2 sachets)
- Sugar, brown, palm, raw, white (1 tablespoon)

## GRAINS/CEREALS

- Amaranth puffed cereal (¼ cup)
- Buckwheat groats (¾ cup cooked)
- Cornflakes, gluten-free (½ cup)
- Kelp noodles (1 cup)
- Millet, hulled (1 cup cooked)
- Oat bran (2 tablespoons)
- Oats, quick-cooking (¼ cup dry; ½ cup cooked)
- Pasta, gluten-free: rice, quinoa, corn (1 cup cooked)
- Polenta (1 cup cooked)
- Popcorn, plain (1 packet; 7 cups)
- Potato chips, plain (1 cup)
- Quinoa, black, red, white (1 cup cooked)
- Quinoa cereal flakes (1 cup)
- Quinoa flakes (1 cup uncooked)
- Rice: basmati, brown, white (1 cup cooked)
- Rice bran (2 tablespoons)
- Rice cereal, puffed or popped (½ cup)
- Rice crackers, plain (20 crackers)
- Rice crispbread (2 crispbreads)
- Rice flakes cereal (¼ cup)
- Tapioca
- Wild rice (1 cup cooked)

## FLOUR

- Buckwheat flour (⅔ cup as an ingredient)
- Corn flour (⅔ cup as an ingredient)
- Cornstarch (⅔ cup as an ingredient)
- Millet flour (⅔ cup as an ingredient)
- Potato starch (⅔ cup as an ingredient)
- Quinoa flour (⅔ cup as an ingredient)
- Rice flour (⅔ cup as an ingredient)
- Sorghum flour (⅔ cup as an ingredient)
- Spelt flour, sieved (⅔ cup as an ingredient)
- Tapioca starch (⅔ cup as an ingredient)
- Teff flour (⅔ cup as an ingredient)

## BEVERAGES

- Almond milk (1 cup)
- Beer (1 standard can)
- Cocoa, sweetened, powder (2 heaping teaspoons)
- Coconut milk, canned (½ cup)
- Coffee, decaf or regular: black or with low-FODMAP nondairy milk (1 cup)
- Cranberry juice (1 cup)
- Drinking chocolate, powder (2 heaping teaspoons)
- Espresso, decaf or regular: black or with low-FODMAP nondairy milk (single shot)
- Gin (1 ounce)
- Hemp milk (1 cup)
- Macadamia milk (1 cup)
- Quinoa milk (1 cup)
- Rice milk (1 cup)
- Soymilk, made only with soy protein isolate or extract (1 cup)
- Tea, decaf or regular: black, ginger, green, peppermint, or white (1 cup)
- Vegetable blend juice: tomato-based, no onion or garlic (1 cup)
- Vodka (1 ounce)
- Whiskey (1 ounce)
- Wine: red, white, or sparkling (1 glass)

## BREADS, SNACKS & MISC.

- Agar agar (1 stick)
- Bread, 100% sourdough wheat (2 slices)
- Bread, gluten-free, plain, vegan (check ingredients; 2 slices)
- Bread, millet (2 slices)
- Cheese, soy (2 slices)
- Corn chips, plain (2 ounces)
- Corn Thins (1 Corn Thin)
- Egg replacer (1 teaspoon)
- Rice cakes, plain (2 rice cakes)
- Rice crackers, small, plain (20 crackers)
- Tortilla chips, plain (1 cup)
- Tortillas, brown rice (1 large tortilla)
- Tortillas, corn (2 small)
- Yogurt, coconut (⅔ cup; 1 tub)

## PROTEIN & LEGUMES

- Butter beans, canned, rinsed well (¼ cup)
- Chana dal, boiled (½ cup cooked)
- Chickpeas, canned, rinsed well (¼ cup)
- Edamame (frozen soybeans; 1 cup)
- Lentils, canned, rinsed well (½ cup)
- Lentils, green, boiled (¼ cup cooked)
- Lentils, red, boiled (¼ cup cooked)
- Lima beans, boiled (¼ cup cooked)
- Miso, chickpea or soy (1 tablespoon)
- Mung bean sprouts (⅔ cup)
- Mung beans, boiled (¼ cup cooked)
- Seitan (about ⅓ cup)
- Tempeh, plain (1 slice; 3.5 ounces)
- Tofu, plain, firm (⅔ cup cubed; 6 ounces)
- Urid dal, boiled (½ cup cooked)

## CONDIMENTS & SEASONINGS

- Asafetida (¼ teaspoon)
- Capers (1 tablespoon)
- Dulce flakes (2 teaspoons)
- Herbs: basil, cilantro, dill, oregano, parsley, rosemary, sage, spearmint, tarragon, thyme (1 cup fresh; ¼ cup dried)
- Miso: chickpea or soy (1 tablespoon)
- Mustard, Dijon (1 tablespoon)
- Mustard, yellow (1 tablespoon)
- Nutritional yeast flakes (1 tablespoon)
- Spices, ground: allspice, black pepper, cayenne, cinnamon, cloves, coriander seeds, cumin, curry powder, dry mustard, fennel seeds, fenugreek seeds, five spice, ginger, mustard seeds, nutmeg, paprika, saffron, star anise, turmeric (1 teaspoon)
- Tamari or soy sauce (2 tablespoons)
- Tamarind paste (1½ teaspoons)
- Vanilla extract (1 tablespoon)
- Vinegar, balsamic (1 tablespoon)
- Vinegar, cider (2 tablespoons)
- Vinegar, rice (2 tablespoons)
- Wakame flakes (2 teaspoons)
- Wasabi (1 teaspoon)

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## VEGETABLES

- Alfalfa sprouts (½ cup)
- Artichoke hearts, canned (2 tablespoons)
- Arugula
- Bamboo shoots, canned (½ cup)
- Bean sprouts (½ cup)
- Beet root (2 slices)
- Beet root, canned (½ cup)
- Beet root, pickled (½ cup)
- Bell pepper, green
- Bell pepper, red
- Bok choy
- Broccoli, florets (1 cup)
- Broccoli, whole (1 cup)
- Broccolini, heads only (½ cup)
- Broccolini, stalks only (1 cup)
- Brussels sprouts (2 sprouts)
- Butternut squash (¼ cup, diced)
- Cabbage, common green
- Cabbage, common red
- Cabbage, savoy (½ cup)
- Carrot
- Celeriac
- Celery (¼ medium stalk)
- Chard/Swiss chard, any variety
- Chicory leaves, fresh
- Chile, green or red (1 tablespoon)
- Chives (1 tablespoon)
- Choy sum
- Collard greens
- Corn, baby, canned (1 cup)
- Corn, sweet (½ cob)
- Cucumber (½ cup)
- Daikon (½ cup)
- Eggplant (½ cup)
- Endive (4 leaves)
- Fennel, bulb and leaves (½ cup)
- Galangal
- Gingerroot
- Green beans (12 beans)
- Kale
- Leek leaves (green part only; ½ cup)
- Lettuce, all types
- Mushrooms, canned (½ cup)
- Mushrooms, oyster (1 cup)
- Nori (2 sheets)
- Okra (6 pods)
- Olives, black or green
- Onion, spring (green tops/leaves only)
- Parsnip (½ cup)
- Peas, snow (5 pods)
- Potato, sweet (½ cup)
- Potato, with peel
- Pumpkin, canned (¼ cup)
- Radicchio
- Radishes (2 radishes)
- Rutabaga
- Scallion greens (green part only)
- Sea vegetables, nori
- Spinach
- Squash, kabocha
- Squash, patty pan
- Squash, spaghetti
- Squash, yellow
- Sweet potato (½ cup or ½ small potato)
- Taro (½ cup, diced)
- Tomato, Roma
- Tomato, common
- Tomatoes, canned
- Tomatoes, cherry or grape
- Tomatoes, cocktail or Campari
- Tomatoes, sun-dried (2 pieces)
- Turnip
- Water chestnuts
- Yam
- Zucchini (½ cup chopped)

## STANDARD SERVING SIZE (unless otherwise noted)

FRUITS: 1 small fruit, ½ to 1 cup pieces, or ¾ cup berries

VEGETABLES: ½ to 1 cup