AT THE SHOP

Shopping list



Tick what you need. Every item is a low FODMAP line from the tables.

VEGETABLES

- [ ] Carrots
- [ ] Courgette
- [ ] Cucumber
- [ ] Tomatoes
- [ ] Bell peppers
- [ ] Spinach
- [ ] Green beans
- [ ] Potatoes
- [ ] Aubergine

FRUIT

- [ ] Strawberries
- [ ] Blueberries
- [ ] Kiwi fruit
- [ ] Oranges
- [ ] Grapes
- [ ] Firm bananas
- [ ] Pineapple

GRAINS

- [ ] Oats
- [ ] Rice
- [ ] Quinoa
- [ ] Gluten-free bread
- [ ] Gluten-free pasta
- [ ] Polenta

PROTEIN AND DAIRY

- [ ] Chicken
- [ ] Salmon
- [ ] Eggs
- [ ] Tofu
- [ ] Lactose-free milk
- [ ] Cheddar
- [ ] Lactose-free yogurt

PANTRY

- [ ] Olive oil
- [ ] Fresh herbs
- [ ] Maple syrup
- [ ] Peanut butter
- [ ] Rice cakes
- [ ] Check labels: no onion, garlic, inulin

PORTIONS · CUH, OCT 2026

Serve sizes tested



Reference serve sizes per food, from CUH (read 11 Oct 2026). They show when a food starts to count as high FODMAP. They are not how much you should eat, and personal tolerance varies. Per meal: one legume only.

Sweet potato 3 tbsp (75 g)	Avocado Under 1/4 (60 g)	Corn on the cob 1/2 cob (40 g)
Peas 1 tbsp (20 g)	Butternut squash 3 tbsp (60 g)	Celery 1/3 stick (15 g)
Brussels sprouts Under 3 (60 g)	Very ripe banana 1/2 (under 45 g)	Grapefruit 1/2 medium (100 g)
Almonds, hazelnuts Under 10	Edamame 90 g	Canned chickpeas 2 tbsp (44 g)
Canned lentils 2 tbsp (44 g)	Oat milk 40 ml	Soya milk 50 ml
Rice milk 200 ml	Coconut milk 125 ml	Cottage cheese, ricotta 2 tbsp (40 g)
Halloumi 2 slices (40 g)	Cream 2 tbsp	Milk chocolate 30 g
Orange juice 100 ml	Kombucha 180 ml	Coconut water 100 ml
Tomato juice 200 ml	Cranberry juice 250 ml	Fish sauce 2 tbsp

WORDS TO LOOK FOR ON A LABEL

Fructose
Fructose syrup, glucose-fructose syrup, high-fructose corn syrup, fruit juice concentrate

Fructans
Inulin, FOS, oligofructose, onion or garlic powder, puree, salt or extract, "prebiotic"

Polyols
Sorbitol, mannitol, xylitol, maltitol, isomalt, erythritol, lactitol

Vague words
"Flavouring" or "natural flavour" may hide garlic or onion