

• LOW •
FODMAP
Cooking

PANTRY STAPLES

GRAINS & FLOURS

- Gluten free or low FODMAP all purpose flour (rice, potato or tapioca based flours)
- Low FODMAP pasta (corn, quinoa or rice based)
- Rice (brown, white, black, red)
- Rice noodles
- Quinoa
- Millet
- Oats
- Polenta

CANNED GOODS

- Chickpeas
- Lentils
- Tomatoes
- Champignons
- Baby corn
- Tuna

OILS

- Extra virgin olive oil (EVOO)
- Garlic infused olive oil
- Onion infused olive oil
- Coconut oil

SUGARS & SWEETENERS

- Rice malt syrup
- Maple syrup
- Brown sugar
- White sugar

HERBS & SPICES

- Asafoetida
- Basil
- Cinnamon
- Coriander
- Cumin
- Mustard Seeds
- Paprika
- Rosemary
- Thyme
- Turmeric

NUTS & SEEDS

- Macadamias
- Walnuts
- Peanuts
- Sesame
- Chia
- Sunflower
- Pepitas

SAUCES & CONDIMENTS

- Soy sauce or Tamari
- Oyster sauce
- Balsamic vinegar
- Tomato sauce
- Mayonnaise
- Worcestershire sauce
- Lemon juice

For sauces and condiments, we recommend checking for high FODMAP ingredients such as onion and garlic.

For accurate serving sizes, refer to the Monash FODMAP App.