

Nutrition Prescription: _____

Hispanic LOW FODMAP Foods

Phase: Removal Introduction Integration

Challenged sugars: Lactose Fructans/GOS Polyols Fructose



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LACTOSE

- CHEESE
- Cheddar
- Goat cheese
- Feta
- Parmesan
- Mozzarella
- Lactose free cottage cheese
- CREAM
- Lactose free cream
- Lactose free sour cream
- Whipped cream
- YOGURT
- Lactose free yogurt
- Goat milk yogurt
- Coconut yogurt
- ICE CREAM
- Sorbet
- Lactose free ice cream
- BEVERAGES
- Lactose free cow milk
- Coconut milk
- Hemp milk
- Almond Milk
- Oat milk

LOW POLYOLS

- VEGETABLES
- Avocado (1/4 cu)
- Celery (1/4 stalk)
- Sweet potato
- Green beans (15 beans)
- FRUIT
- Banana
- Dried plantain chips
- Blueberries
- Cantaloupe
- Fresh and dried coconut
- Grapes (red and green)
- Kiwi
- Lemon
- Limes
- Orange
- Papaya
- Passion Fruit
- Pineapples
- Raspberries
- Strawberry
- Tamarind
- SWEETS
- Pure maple syrup
- White sugar
- Raw sugar
- Dark chocolate
- Cocoa powder

LOW FRUCTANS/GOS

- VEGETABLES
- Arugula
- Bell peppers
- Broccoli
- Carrots
- Cabbage (red and white)
- Chilli (green, red)
- Cucumbers
- Eggplant
- Green beans
- Fresh and ground ginger root
- Kabocha squash
- Kale
- Lettuce
- White potato
- Sweet potato (1/2 cup)
- Radish
- Scallions (green tops)
- Spinach
- Tomato
- Watercress
- Green and black olives
- Fruits
- Small pomegranate
- Dried cranberries or raisins
- Dried coconut, and those listed on polyols section

NUTS/SEEDS

- Almonds
- Brazil nuts
- Chestnuts
- Macadamias
- Peanuts
- Pecans
- Pumpkin seeds
- Sesame seeds
- Walnuts
- Chia seeds
- Sunflower seeds

LEGUMES

- Chickpeas (1/4 cup)
- Lentils (1/2 cup)

HERBS

- Basil
- Cilantro
- Mint
- Rosemary
- Parsley
- Sage
- Thyme

COFFEE AND TEA

- Coffee
- Black, green, white, peppermint tea

NO EXCESS FRUCTOSE

- VEGETABLES
- Green Plantain Chips
- Arugula
- Green Beans
- Bell Peppers (green, red)
- Broccoli 3/4 Cups
- Cabbage (red, white)
- Carrot
- Chilli (green, red)
- Cassava
- Zucchini
- Chayote
- Spinach
- Ginger
- Celery
- Cucumber
- Eggplant
- Jicama
- Kale
- Lettuce (iceberg, radicchio, romaine)
- Okra
- Scallions (green tops)
- Potato (sweet, regular)
- Radish
- Tomato
- Yam
- Green and black olives
- Chayote

FRUITS

- Banana
- Blueberries
- Cantaloupe
- Fresh and dried coconut
- Grapes (red, green, black)
- Ripe guava
- Honeydew
- Kiwi
- Lemon
- Limes
- Orange
- Papaya
- Passion fruit
- Pineapples
- Raspberries
- Strawberry
- Tamarind

ALCOHOL

- Most wine and beer,
- Vodka, Whiskey

SWEETS

- Pure maple syrup
- White sugar
- Raw sugar
- Dark chocolate
- Cocoa powder