

The Paleo Way

FODMAP Food List

The acronym FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. In simple terms, IBS, frequent bloating, abdominal cramps, fatigue, nausea, changing bowel habits or flatulence symptoms are usually caused by our foods not being properly digested before moving into the large intestine. Whilst the food recommended within The Paleo Way is a little broader than FODMAPs or IBS, it is very much on track as we aim to eliminate the majority of inflammatory foods.

We have put together a list of foods that are suited to those with a FODMAP issue.



Vegetables

Organic is best

EAT

Acorn squash
Alfalfa
Aragula
Arrowroot
Bamboo shoots
Bell peppers
Bean shoots
Bok choy
Buttercup/Butternut squash
Carrot
Celery
Choko
Choy Sum
Collard
Delicata squash
Endive
Ginger
Greens (beet, mustard, turnip)
Kale
Lettuce (bibb, butter, red)
Olives
Parsnip
Pumpkin
Rutabaga
Silver beet
Spinach
Summer squash
Swede
Sweet potato/yams
Swiss chard
Taro
Tomato
Watercress
Zucchini

PROVISIONAL

Broccoli rabe
Cucumber
Jicama
Kohlrabi
Radish
Rhubarb
Spaghetti squash
Sprouts

AVOID

Anise/Fennel roots
Asparagus
Beetroot
Beets
Broccoli
Broccolini
Brussels sprouts
Cabbage
Cauliflower
Eggplant
Fennel
Garlic
Green beans
Jerusalem artichoke
Leek
Mushrooms (all)
Okra
Onion/Shallots
Snow/Sugar snap peas
Spring onions

Fruit

Keep to a minimum, organic is best

EAT

Blueberry
Boysenberry
Cranberry (unsweetened)
Grapefruit
Kiwi fruit
Lemon/Lime
Raspberry
Strawberry

PROVISIONAL

Avocado
Banana
Exotic fruit (Star fruit, Quince)
Grapes (green, red)
Melon
Oranges
Passionfruit
Pineapple
Pomegranate
Tangerine

AVOID

Apple (all varieties)
Apricots
Blackberry
Cherry
Dates/Figs
Lychee
Mango
Nectarines
Papaya/Paw Paw
Peaches
Pears (all varieties)
Persimmon
Plum/Prune
Watermelon

Protein

Avoid factory farmed, added sugar, MSG, sulfite or carrageenan.

EAT

Seafood

Wild caught is best

Meat & Offal

100% grass-fed and organic

Beef

Buffalo

Elk

Lamb

Venison

Eggs

Pastured and organic

Poultry

Pastured and organic

Chicken

Turkey

Duck

Pheasant

White Meat

Pastured, organic and fat-trimmed

Pork

Wild boar

Rabbit

Processed Meats

100% grass-fed, pastured, organic, preservative and additive free

Bacon

Sausage

Deli meats

Fats

EAT

Cooking Fats

Pastured or 100% grass-fed and organic

Animal fats

Coconut oil

Extra virgin olive oil

Eating Fats

Cashews

Coconut butter

Coconut meat/flakes

Hazelnuts

Macadamia butter

Olives (All)

PROVISIONAL

Nuts & Seeds

Almonds

Almond butter

Brazil nuts

Pecans

Pistachio

Flax seeds

Pine nuts

Pumpkin seeds/Pepitas

Sesame seeds

Sunflower seeds

Sunflower seed butter

Walnuts

Herbs

EAT

Basil

Chili

Coriander

Lemongrass

Marjoram

Mint

Oregano

Parsley

Rosemary

Thyme

Foods to Avoid

None are found in recipes within The Paleo Way
10 Week Activation Program

AVOID

Gluten

Cereals

Wheat and Rye

Legumes

Baked beans

Chickpeas

Kidney beans

Lentils

Soy beans

Lactose

Dairy milk

All cheeses

Custard

Ice cream

Yogurt

Condensed milk

Margarine (cow, goat, sheep)

Sweets

Alcohol

Concentrated fruit sources

Dried fruit

Fruit juice

High fructose corn syrup

Honey

Isomalt (953)

Maltitol (965)

Mannitol (421)

Sorbitol (420)

Xylitol (967)

NOTE:

FODMAP triggers are highly variable from person to person. You might consider consulting an integrative health professional and running a food sensitivity panel, and if you can afford it, a complete digestive stool analysis, to give you an idea of the health of your digestive system – this is often a big piece of the puzzle to support recovery from many other health conditions.

10 week activation program
with Pete Evans, Nora Gedgudas
Luke Hines and expert guests

- ✓ Hundreds of delicious and simple recipes
- ✓ Comprehensive meal plans and shopping lists
- ✓ Paleo-tailored fitness workouts (for all levels)
- ✓ Expert articles to empower your mind
- ✓ Discovering how to be the best version of yourself



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