



CALIFORNIA CENTER *for*
FUNCTIONAL MEDICINE

Paleo Low-FODMAP Diet Food List

Food Groups	Eat Freely	May Cause Symptoms	Best Avoided
VEGETABLES	Bamboo shoots		
	Beet		
	Bok choy		
	Carrot		
	Cucumber (including pickles made without sugar)		
	Dandelion greens		Artichoke (fructose)
	Eggplant		Asparagus (fructose)
	Endive		Broccoli (fructans)
	Fermented vegetables (raw sauerkraut, or lacto-fermented vegetables)		Cabbage (fructans)
	Green beans		Cauliflower (polyol)
	Kale	Avocado (polyol)	Garlic (fructans)
	Lettuce	Brussels sprouts (fructans)	Jerusalem artichoke (fructans)
	Olives	Celery (polyol)	Leeks (fructans)
	Parsnip	Fennel bulb (fructans)	Okra (fructans)
	Sea vegetables	Green peas (fructans)	Onion (fructans)
	Spinach	Mushrooms (polyol)	Shallots (fructans)
	Spring onion (green part only)		Snow peas (fructans, polyols)
	Sprouts and microgreens (including alfalfa and sunflower)		Sugar snap peas (fructose)
	Summer squash (zucchini, pattypan and yellow squash)		Raddichio (fructans)
	Swiss chard		Tomato sauces and tomato paste (fructose, fructans)
Tomatoes (including cherry tomatoes)			
Winter squash (acorn, butternut, pumpkin and spaghetti squash)			



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FRUITS	Banana, ripe Blueberries Grapefruit Kiwi Lemon Lime Mandarin Melons (including cantaloupe and honeydew) Orange Papaya Passionfruit Pineapple Raspberries Rhubarb Strawberries	Banana, unripe Longon (polyol) Lychee (polyol) Rambutan (polyol) Grapes (fructose)	Apple (fructose and polyol) Apricot (polyol) Cherries (fructose and polyol) Mango (fructose) Nectarine (polyol) Peach (polyol) Pear (fructose and polyol) Persimmon (polyol) Plum (polyol) Watermelon (fructose and polyol)
PROTEINS	Muscle meats Organ meats Homemade bone broth Fish and Seafood Poultry Eggs Bacon (made without sugar)		Legumes (lentils, beans, and peanuts) (galactans) Soy (including edamame, tofu, tempeh, and soy milk) (galactans)
FATS	Avocado oil Coconut oil Cod liver oil Ghee Lard from pastured animals Olives and EVOO Macadamia oil Homemade mayonnaise	Avocado (polyol)	Vegetable oils and high pro-inflammatory omega-6 fats (canola, sunflower, safflower, grape seed, soybean, cottonseed and peanut oils) Prepared mayonnaise and salad dressings



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STARCHES	Cassava / Yuca Plantain Rutabaga Taro Turnip White potato White rice	Sweet potato (polyol) Yam (polyol)	Legumes (galactans)
NUTS & SEEDS	All nuts may be difficult to digest, and caution should be taken. Sprouted nuts or homemade sprouted nut butters may be best tolerated.	Most nuts, seeds, and nut butters (fructans)	Pistachios (fructans) Cashews (fructans) Almonds (galactans) Hazelnuts (fructans and galactans)
DAIRY	Butter Ghee	High-fat, low-lactose dairy products made from the milk of pastured cows, ideally raw; only if tolerated: Cream Kefir (fermented 24 hours) Yogurt (fermented 24 hours) (all lactose)	Cheese All commercial dairy products made from non-pastured, grain-fed cows, such as commercial yogurt and pasteurized milk (all lactose)
HERBS, SPICES & COOKING INGREDIENTS	Fresh and dried herbs Ginger Pepper Salt (Celtic sea salt, Himalayan salt, Murray River salt) Seaweed Vinegar	Coconut aminos Garlic and onion powders (may contain fructans)	Sugar-, grain-, soy- or gluten-containing seasonings or condiments (ketchup, soy sauce, some tamari sauces, balsamic glaze, commercial mayonnaise and salad dressings) Chicory (fructans) Sugar alcohols (sorbitol, mannitol, xylitol, etc.) (polyols) Gums, carrageenan, soy lecithin (polyols) MSG and colorings



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Food Groups	Eat Freely	May Cause Symptoms	Best Avoided
SWEETS	Best avoided for at least 30 days	Coconut (unsweetened shredded, milk, cream, and butter) Coconut sugar (fructose) Dark chocolate (100% cacao) Maple syrup (fructose)	Agave syrup (fructose) Artificial sweeteners (Splenda, aspartame, etc.) High-fructose corn syrup (fructose) Honey (fructose) Refined sugars (fructose)
BEVERAGES	Water (flat or sparkling; with lemon or lime juice if preferred) Homemade bone broth Tea (unsweetened white, green, oolong, rooibos) Herbal teas without unsafe fruits	Teas with fruits containing polyols or fructose Decaffeinated coffee (Swiss water processed) Both alcohol and caffeine may irritate the GI tract, though small amounts of coffee, black tea, mate and dry wine may be enjoyed if tolerated.	Beer (most contain gluten and/or mannitol (polyols)) Fruit juice (polyols) Soda Wine (ports, late harvest, ice wine)

IMPORTANT TIPS FOR OPTIMAL GI HEALTH DURING YOUR TIME ON A LOW-FODMAP DIET:

- Liver from pastured animals one to two times weekly will help to replenish your vitamin B12, iron, and other nutrients you may be deficient in due to dysbiosis.
- Homemade bone broths can be very healing for the GI tract.
- Meats are most easily digested when prepared at low cooking temperatures, using moist cooking techniques. Consider using a slow-cooker, stewing, braising or poaching for at least 30 days.
- Vegetables should be well-cooked with any seeds removed to improve digestibility; minimize your intake of raw, fibrous fruits and vegetables. For more information on this, see: <http://chriskresser.com/got-digestive-problems-take-it-easy-on-the-veggies>
- Be very careful when eating out, and consider calling ahead to ask about preparation methods and ingredients to find an option that works for you.

Important tips for Reintroducing foDmaP foods:



We would encourage you to customize your low FODMAP diet. You can try to take a systematic approach to identifying FODMAP triggers for you using the following concepts:

First, you can think of the amount of FODMAP foods that you can tolerate as a bucket full of water. If you eat too many FODMAP foods for your body to handle, your bucket will overflow and you will get symptoms such as gas and bloating.

The FODMAP foods are broken into 5 categories:

- Lactose
- Fructose
- Fractions
- Polyols
- Galactans

You can use the FODMAP chart in the preceding pages to identify which foods are in the different FODMAP categories.

Many people find that they are able to tolerate some foods in one of the FODMAP categories better than foods from a different category. Therefore, we would recommend that you start with reintroducing a couple of foods in one of the FODMAP categories into your diet and see how your symptoms are affected. We recommend that you reintroduce one food at a time approximately every three days.

Then you can try adding foods from a different category. This can help you to identify more specifically which of the FODMAP foods most contribute to your symptoms.

Overall, your goal is to find out which and how much of the FODMAP foods your body can tolerate before your bucket overflows, and you get symptoms of gas and bloating.

Adapted from Aglaee Jacob, MS, RD from <http://radicatanutrition.com/paleo-low-fodmap-diet-food-list/>