



WHOLE GRAINS

- 2 tbsp rice bran = 3.1 grams
- 1/2 cup rolled oats = 4.1 grams
- 1 cup cooked brown rice = 3.5 grams
- 1 cup cooked quinoa = 5.2 grams.

NUTS & SEEDS

- 2 tbsp chia seeds = 7.9 grams
- 10 almonds = 1.5 grams
- 1 tbsp ground flax = 1.9 grams
- 10 pecans = 1.9 grams

FRUITS

- 10 strawberries = 2.8 grams
- 10 raspberries = 2.9 grams
- 1 medium orange = 3.1 grams
- 1 medium unripe banana = 3.1 grams

VEGETABLES

- 1 medium potato, with skin = 3 grams
- 1 cup raw spinach = 0.7 grams
- 1 cup raw broccoli = 2.3 grams
- 1 cup raw kale = 4.9 grams

LEGUMES

- 1/2 cup canned lentils = 7.8 grams
- 1/4 cup canned garbanzo beans = 2.4 grams
- 2/3 cup sprouted mung beans = 1.2 grams
- 32 peanuts = 2.4 grams

*All serving sizes listed are considered low FODMAP

Sources: Monash University Low FODMAP Diet app.

For the most recent data, please refer to the app.

Fiber content from USDA Food Composition Database