

IBS PANTRY LIST

Low FODMAP Foods

RIKER NUTRITION
CONSULTING
CARI RIKER, RD, LDN, CDE

DAIRY

Almond Milk*
Rice Milk*
Hemp Milk*
Soy Milk*(made from
isolated soy protein)
Almond Yogurt*
Cheddar Cheese
Mozzarella Cheese
Cottage Cheese 2 Tbsp
Ricotta Cheese 2 Tbsp
Goat Cheese 1.25 Tbsp
Feta Cheese
Sour Cream 2 Tbsp

*Lactose Free Option

PROTEIN

Beef
Chicken
Turkey
Salmon
Tuna
Shrimp
Crab
Scallops
Eggs
Walnut
Peanut
Pecans
Firm Tofu
Tempeh
Canned Chickpeas 1/4 C
Canned Lentils 1/4 C

GRAINS

Rice
Quinoa
Amaranth
Oats
Millet
Hemp
Chia Seed
Flaxseed
Quinoa Flake Cereal
Corn Flakes
Rice Chex
Millet Bread
Sourdough Bread
Gluten Free Bread
Rice Noodles
Gluten Free Noodles
Wonton Wrappers

VEGETABLES

Lettuce-Kale/romaine
Collard Greens
Carrots
Red Bell Pepper
Zucchini 1/3 C
Canned Mushrooms
Olives/pitted
Canned green peas
(1/4 cup drained)
Parsnip
Potatoes
Sweet Potato 1/2 cup
Cucumbers
Spaghetti Squash

FRUITS

Blueberries 1/4 C
Strawberries
Raspberries -30
Grapes
Oranges/Clementines
Dragon Fruit
Starfruit
Pineapple 1 cup
Lemon
Lime
Unripe Banana
Papaya
Kiwi 2 small
Cantaloupe 3/4 C
Honeydew 1/2 cup