

Build Your Own **Low FODMAP**

Nourish Bowl

Finish with a Drizzle or Handful of Healthy Fats

- olive oil
- avocado
- almonds
- Brazil nuts
- chestnuts
- hazelnuts
- macadamia nuts
- peanuts
- pecans
- pine nuts
- walnuts

- hemp seeds
- pumpkin seeds (pepitas)
- sunflower seeds

Select a Protein

- beef
- chicken
- turkey
- pork
- fish
- shellfish
- peanut butter
- firm tofu
- tempeh
- cheese
(Swiss, feta, cheddar)

Pick a Base

- rice (brown, white, red)
- buckwheat groats
- gluten free pasta
- spaghetti squash
- quinoa
- millet

Top with a Serving of Fruit

- blueberries
- clementine
- coconut
- grapes
- kiwifruit
- orange
- papaya
- pineapple
- raspberries
- star fruit
- strawberries

Add Colorful Vegetables

- arugula
- bok choy
- beets (pickled)
- bell peppers
- broccoli
- carrots
- collard greens
- common green or red cabbage
- cucumber
- roasted eggplant
- endive
- fennel
- green beans
- kale
- lettuce
- parsnip
- radish
- spinach
- Swiss chard
- summer squash
- tomatoes
- watercress
- zucchini

