SmarTasty

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Low FODMAP foods

Traffic-light list · 132 foods · Updated October 2026

SmarTasty's own rating: we check every food with the same fixed rule we use for our recipes labelled "Low FODMAP".

Green
low in FODMAPs in a normal portion.

Amber
watch the amount. A small portion is low FODMAP, a large one isn't.

Red
lots of FODMAPs, even in small amounts. Leave out in the elimination phase.

Grey
ready-made product – check the ingredients list for onion, garlic, wheat, honey and lactose.

	Green	Amber	Red
Veg & potatoes	Courgette Carrots Cucumber Peppers Red kuri squash Potatoes Parsnip Lamb's lettuce Lettuce Rocket Spinach Pak choi Radishes Tomatoes Aubergine Spring onion, green part only Olives	Sweet potato Broccoli Brussels sprouts Fennel Beetroot Avocado Sweetcorn Celery	Cauliflower Asparagus Button mushrooms Shiitake and other mushrooms Onions Garlic Leeks Peas Green beans
Fruit	Blueberries Strawberries Raspberries Honeydew melon Grapes Kiwi Pineapple Oranges Lemons Rhubarb	Bananas Pomegranate seeds	Apples Pears Blackberries Cherries Plums Apricots Peaches Watermelon Mango Dates Raisins
Grains & sides	Rice Millet Quinoa Buckwheat Polenta (cornmeal) Rice noodles	Oats	Wheat pasta Wheat bread Spelt bread Rye bread Sourdough bread Couscous
Dairy & eggs	Lactose-free milk Lactose-free yoghurt Mozzarella Feta Parmesan Aged Gouda Butter Eggs	–	Milk Natural yoghurt Quark Cream cheese Cream
Meat & fish	Chicken, fresh Beef, fresh Fresh fish, e.g. salmon Tinned tuna Smoked salmon Salami Cooked ham Prawns	–	–

	Green	Amber	Red
Pulses, soya, nuts & seeds	Firm tofu Tempeh Peanuts Walnuts Hazelnuts Pumpkin seeds Sunflower seeds Linseed Chia seeds Sesame seeds	Almonds Cashews Pistachios	Lentils Chickpeas Kidney beans Silken tofu Soya drink
Sweet, savoury & ready-made	Maple syrup Apple cider vinegar Balsamic vinegar Soy sauce Mustard Yeast extract Cocoa powder Dark chocolate Fresh herbs, e.g. parsley Dried herbs Garlic-infused oil	–	Honey Sugar alcohols (sorbitol, xylitol)
	Check the label: Vegetable stock, Ketchup		
Drinks	Coffee Black tea Green tea Herbal tea, e.g. peppermint Red wine Orange juice	–	Beer Apple juice

Good to know

- This list is a guide for shopping and cooking – not a diagnosis and not a care plan. It doesn't replace seeing a doctor or a dietitian.
- How much you tolerate is individual, and it also depends on amount, freshness and preparation.
- SmarTasty's own rating, as of October 2026. Not a certification, and no connection to the organisations named.
- Low FODMAP isn't a diet for life. It runs in three phases (leave out, test one at a time, then only keep to your own limits) and belongs with a dietitian. Get gut symptoms checked by a doctor first.
- Amounts are per portion; several amber foods in one meal add up.

Sources

1. Update of the S3 guideline on irritable bowel syndrome (AWMF 021-016, in German). Layer P. et al., DGVS and DGNM; Z Gastroenterol 2021;59(12):1323–1415, 2021.
2. FODMAPs: food composition, defining cutoff values and international application. Varney J. et al., J Gastroenterol Hepatol 2017;32 Suppl 1:53–61, 2017.

Further reading: Monash University: FODMAP research and app

Free to print and share, for example in support groups and dietetic advice – please keep the credit: SmarTasty · smartasty.app.

This list online – plus low FODMAP recipes

With nutrition facts, the Meal Planner and Shopping List – in the SmarTasty app and at **smartasty.app/low-fodmap-food-list**