

Making a Low Fermentable Carbohydrate Meal

Choose a food from each group to balance your plate.



Protein

Beef, Chicken and other poultry, Egg, Fish, Lamb, Pork, Shellfish, Nuts and Seeds (Chia, Macadamia, Peanuts, Pecans, Pine Nuts, Pumpkin Seeds, Sesame Seeds, Walnuts – one small handful), Nut Butters (such as peanut or almond butter), Tofu (firm)



Grains

Buckwheat, Cereals made with corn, rice, oats and gluten-free grains (such as amaranth and millet), Corn, Gluten-free bread, crackers and pasta, Kasha, Polenta, Quinoa, Rice (brown or white), Rice Bran



Fruit

Banana, Blueberries, Cantaloupe, Clementine, Coconut, Dragon Fruit, Grapefruit, Grapes, Honeydew Melon, Kiwi Fruit, Lemon, Lime, Orange, Papaya, Passion Fruit, Pineapple, Raspberries, Rhubarb, Star Fruit, Strawberries, Tangelo



Vegetables

Alfalfa Sprouts, Arugula, Bamboo Shoots, Bean Sprouts, Bok Choy, Bell Peppers, Carrots, Cabbage (Chinese), Celeriac, Chives, Cucumber, Egg Plant, Endive, Ginger, Green Beans, Kale, Lettuce, Olives, Parsnip, Potato (white and sweet), Radish, Rutabaga, Spinach, Squash (winter and summer), Swiss Chard, Turnip, Tomato, Water Chestnuts, Zucchini



Dairy

Cheese – Brie, Camembert, Cheddar, Feta, Mozzarella, Parmesan and Swiss, Kefir, Milk and Yogurt – Lactose-free if you are lactose intolerant, Other Beverages such as Almond, Coconut, Hemp or Oat



Other foods

Mustard, Ketchup, Olive Oil, Pickles, Spices and Herbs, Sugar (white and brown), Vinegar



Beverages

Coffee (Limit 1 to 2 cups as tolerated), Sparkling Water, Tea (Green, White, Black, Peppermint), Water