

By Mathew Gomes

LOW-FODMAP + ANTI-INFLAMMATORY FOOD GUIDE

1. VEGETABLES

Category

Foods

-  Green Spinach, baby spinach, kale, Swiss chard, rocket (arugula), lettuce (all types), endive, radicchio, amaranth leaves, fenugreek leaves, mustard greens, dill leaves, mint, coriander leaves, Thai basil, curry leaves, zucchini, eggplant (aubergine), cucumber, carrots, pumpkin, bottle gourd, ridge gourd, snake gourd, ash gourd (winter melon), tomatoes, bell peppers (red, yellow, green), green beans, French beans, okra, bamboo shoots, fennel bulb, olives, turnip greens, water spinach (kangkung), chives
-  Amber Beetroot, sweet potato, yam, taro (arbi), parsnip, radish, pak choi, cabbage, Brussels sprouts, turnip, lotus root, chayote, artichoke, asparagus, leeks (green tops), spring onion greens, raw papaya, green peas, broad beans, drumstick pods (moringa), drumstick leaves, banana stem, banana flower
-  Red Onion (white, red, brown), garlic (all forms), shallots, leek bulb, spring onion whites, cauliflower, mushrooms (button, shiitake, porcini, oyster), large broccoli portions, Jerusalem artichoke

2. FRUITS

Category	Foods
● Green	Strawberries, blueberries, raspberries, oranges, mandarins, tangerines, lemon, lime, kiwi, pineapple, papaya, grapes, cantaloupe, honeydew melon, dragon fruit, passionfruit
● Amber	Banana (ripe), mango, pomegranate, peach, plum, apricot, cherries, coconut flesh
● Red	Apple, pear, watermelon, lychee, longan, rambutan, durian, figs, dates, raisins, prunes, fruit juices, fruit concentrates

3. GRAINS, STARCHES & FLOURS

Category	Foods
● Green	White rice, basmati rice, jasmine rice, red rice, black rice, rice flakes (poha), rice noodles, vermicelli (rice), quinoa, oats, millet (bajra), sorghum (jowar), finger millet (ragi), polenta, cornmeal, tapioca, sabudana, arrowroot, potatoes
● Amber	Brown rice, buckwheat (kuttu), corn, makki flour, gluten-free bread, fermented dosa batter, idli batter
● Red	Wheat (atta, maida), semolina (suji), naan, roti, paratha, pasta (wheat), barley, rye, couscous

- = minimal fermentation + anti-inflammatory
- = conditional load
- = high fermentation or inflammatory trigger

4. LEGUMES, DAL & BEANS

Category	Foods
● Green	Firm tofu, tempeh
● Amber	Moong dal, masoor dal, toor dal, urad dal, chana dal, peanuts, edamame
● Red	Chickpeas, rajma (kidney beans), black beans, soybeans (whole), baked beans, large mixed lentils

5. ANIMAL PROTEINS

Category	Foods
● Green	Eggs, chicken, turkey, duck, lamb, mutton, beef, pork, fish (salmon, sardine, mackerel, tuna, cod), prawns, crab, lobster
● Amber	Processed meats with clean ingredients
● Red	Sausages, salami, bacon, deli meats with additives, processed meat products

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6. DAIRY & ALTERNATIVES

Category	Foods
● Green	Ghee, butter, lactose-free milk, hard cheeses (cheddar, parmesan), almond milk, coconut milk
● Amber	Yogurt, curd, kefir, paneer, soft cheeses
● Red	Regular milk, cream, ice cream, sweetened dairy products

7. FATS & OILS

Category	Foods
● Green	Extra virgin olive oil, coconut oil, ghee, butter, avocado oil, olives
● Amber	Sesame oil, peanut oil
● Red	Refined vegetable oils, sunflower oil (excess), soybean oil, margarine, hydrogenated oils

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8. NUTS & SEEDS

Category	Foods
● Green	Almonds, walnuts, macadamia, pecans, chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds
● Amber	Cashews, pistachios, peanuts, fox nuts (makhana)
● Red	Sweetened nut products, nut spreads with additives

9. HERBS, SPICES & AROMATICS

Category	Foods
● Green	Turmeric, ginger, cumin, coriander seeds, fennel, mustard seeds, basil, oregano, thyme, rosemary, parsley, dill, mint, curry leaves, lemongrass, galangal, cinnamon, cloves, cardamom, star anise, black pepper
● Amber	Chilli, paprika, tamarind
● Red	Garlic powder, onion powder, spice mixes containing onion/garlic

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10. CONDIMENTS & SAUCES

Category	Foods
● Green	Olive oil dressings, vinegar, mustard, tahini, coconut aminos, fish sauce, lime juice
● Amber	Soy sauce, tamari, tomato paste, pesto (without garlic)
● Red	Ketchup, barbecue sauce, sweet chilli sauce, curry pastes, packaged chutneys, oyster sauce

11. FERMENTED FOODS

Category	Foods
● Green	Yogurt, kefir, tempeh, miso, fermented rice (kanji)
● Amber	Sauerkraut, kimchi
● Red	Large amounts of fermented foods during gut-sensitive phases

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12. SWEETENERS

Category	Foods
● Green	Stevia, monk fruit
● Amber	Maple syrup, jaggery, coconut sugar
● Red	Honey, agave syrup, high fructose corn syrup, sorbitol, xylitol, maltitol

13. BEVERAGES

Category	Foods
● Green	Water, herbal teas, green tea, black tea, black coffee
● Amber	Wine, dark chocolate drinks
● Red	Beer, soft drinks, fruit juices, energy drinks

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