

# LOW FODMAP VEGETABLES

## WATCH PORTION SIZE

ALFALFA SPROUTS, 2 CUPS  
ARTICHOKE HEARTS, 1/2 CUP  
BEETS, 2 SLICES  
BELL PEPPER (GREEN), 1/2 CUP  
BOK CHOY, 1 CUP  
BROCCOLI CROWNS, 3/4 CUP  
BROCCOLI STALKS, 1/3 CUP  
BROCCOLINI, 1/2 CUP  
BRUSSELS SPROUTS, 2  
BUTTERNUT SQUASH, 1/3 CUP  
CABBAGE (COMMON, RED), 3/4 CUP  
CABBAGE (SAVOY), 1/2 CUP  
CELERIAC, 1/4  
CHICORY (LEAVES), 1/2 CUP  
CHILI PEPPER (RED), 1  
CABBAGE (CHINESE), 1 CUP  
DAIKON, 1/2 CUP  
EDAMAME, 1/2 CUP  
EGGPLANT, 1 CUP  
FENNEL (BULB OR LEAVES), 1/2 CUP  
GREEN BEANS, 15 BEANS  
GREEN PEAS (CANNED, DRAINED), 1/2 CUP  
JICAMA, 1/2 CUP  
LEEK (LEAVES), 2/3 CUP  
OKRA, 7.5 PODS  
RADICCHIO, 2 CUPS  
SNOW PEAS, 5 PODS  
SUGAR SNAP PEAS, 4 PODS  
SWEET POTATO, 1/2 CUP  
PUMPKIN (CANNED), 1/3 CUP  
SPINACH (BABY), 1 1/2 CUPS  
SQUASH (PATTYPAN), 2  
TARO, 1/2 CUP  
TOMATOES (CHERRY), 5  
ZUCCHINI, 1/3 CUP

## EAT FREELY

ARUGULA  
BAMBOO SHOOTS (CANNED OR FRESH)  
BEAN SPROUTS  
BELL PEPPER (RED)  
BUTTER LETTUCE  
CARROTS  
CHILI (GREEN)  
COLLARD GREENS  
CORN (BABY, CANNED)  
CUCUMBER  
ENDIVE  
GINGER ROOT  
ICEBERG LETTUCE  
KALE  
KOHLRABI  
MUSHROOMS (OYSTER)  
GREEN ONIONS (TOPS ONLY)  
PARSNIPS  
POTATOES (WHITE)  
RADISH  
RED LEAF LETTUCE  
ROMAINE LETTUCE  
ROCKET  
RUTABAGA  
SEAWEED  
SPAGHETTI SQUASH  
SPINACH (ENGLISH)  
SWISS CHARD  
TARO  
TOMATILLO  
TOMATO (CANNED)  
TOMATO (COMMON)  
WATER CHESTNUTS  
WATERCRESS

(PER MONASH LOW FODMAP GUIDE AS OF 3/15/19)

GET A FREE LOW FODMAP VEGGIE COOKBOOK AT [WWW.EASTEWART.COM](http://WWW.EASTEWART.COM)

