

## Maximizing Flavor on a Low FODMAP Diet

1. Spices: Allspice, Cardamom, Chili Powder, Cinnamon, Cloves, Coriander, Cumin, Curry Powder, Fennel, Fenugreek, Five Spice Powder, Mustard Seed, Nutmeg, Paprika, Black Pepper, Saffron, Star anise, Turmeric
2. Herbs: Basil, Cilantro, Coriander, Curry Leaves, Dill, Gotukola, Kaffir Lime Leaves, Lemongrass, Mint, Pandan Leaves, Parsley, Rampa Leaves, Rosemary, Sage, Tarragon, Thyme, Watercress
3. Nut and Seed Oils: Avocado, Coconut, Olive, Peanut, Sesame
4. Garlic Oil
5. Asafoetida Powder (a substitute for onion flavor)
6. Vinegar : Apple Cider, Red Wine, Malt, Rice Wine, Balsamic\*
7. Worcestershire Sauce\*
8. Tomato Paste
9. Citrus Juice/Zest: Lemon, Lime, Orange
10. Tamarind Paste, Chutney
11. Sweeteners: Cane Sugar, Brown Sugar, Jaggery, Maple Syrup, Palm Sugar, Rice Malt Syrup, Stevia, Vanilla
12. Dark Chocolate\*
13. Cacao/Cocoa Powder (unsweetened)
14. Coffee/Espresso Powder
15. Peppers: Red & Green\* Bell Peppers, Red\* & Green Chili Peppers
16. Ginger and Galangal
17. Fresh Fennel Leaves\* \* Bulbs\*
18. Green tops of: Leeks, Spring Onions, Chives
19. Olives: Black, Green
20. Soy sauce/Tamari {Look for gluten-free label if following a strict gluten-free diet}
21. Salty: Capers, Salt, Vegemite
22. Flavorful Cheeses: Feta, Parmesan (not tested but should be LF)
23. Wasabi
24. Fish Sauce\*
25. Miso\*

**Notes:** All ingredients listed are low FODMAP on the Monash App as of 4/10/20. Foods w/ \* are ok in limited amounts-check the app. [\*\*\*The Flavor Bible\*\*\*](#) & [\*\*\*The Vegetarian Flavor Bible\*\*\*](#) (*affiliate links*) are fabulous resources for discovering delicious flavor combinations!