



70+ Low FODMAP Seasonings

Low FODMAP Spices

Achiote, allspice, black pepper, cardamom, cayenne pepper, celery seed, chili powder, cinnamon, cloves, coriander, cumin, curry powder, fennel, fenugreek, five spice, ginger, gochugaru, mace, mustard seed, nutmeg, paprika, saffron, Sichuan peppercorn, star anise, sumac, turmeric

Low FODMAP Herbs

Basil, bay leaves, chives, cilantro, coriander, curry leaves, dill, fenugreek leaves, gotukola, herbs de Provence, kaffir lime leaves, lemongrass, marjoram, mint, oregano, parsley, perilla, rosemary, sage, tarragon, thyme

More Low FODMAP Flavor Enhancers

Low FODMAP Flavored & Nut Oils: Coconut oil, garlic-infused oil, peanut oil, sesame oil, walnut oil (in addition to all other oils like avocado, olive oil, etc)

Low FODMAP Vinegar: Apple cider, balsamic (1 T), malt, red wine, rice wine, white

Flavorful Low FODMAP Produce: Bell peppers, citrus juice and zest (lemon, lime, orange), chili peppers, fennel, ginger, galangal, green tops of (chives, leeks, spring onions), goraka

Low FODMAP Salty & Umami Foods: Black bean sauce, capers, chutney, coconut aminos, fish sauce, hoisin sauce, miso, nutritional yeast, oyster sauce, Parmesan cheese, salt, shrimp paste, soy sauce or tamari, tahini paste, tomato paste, Vegemite, Worcestershire sauce

Miscellaneous Low FODMAP Flavor Enhancers: Asafoetida powder, cacao/cocoa powder, coffee/espresso, habanero green sauce, horseradish, mirin (rice wine), sriracha sauce, sweet and sour sauce, tamarind, vanilla, wasabi