

■ Mung beans

1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

(cooked)- $\frac{1}{4}c$



DAIRY & ALTERNATIVES Proteins/Carbs **FATS & OILS PROTEINS P**roteins **F**ats Servinas/day Servings/day_ Servings/day_ Lean, free-range, grass-fed, organically grown animal Unsweetened, organic preferred Minimally refined, cold pressed, organic, protein; non-GMO, organic plant protein; and wildnon-GMO preferred Dairy: **Dairy Alternatives:** caught, low-mercury fish preferred. Canned meats are \square Avocado-2 T or ☐ Oils, salad: Almond, ☐ Milk (plain): Lactose-☐ Milk: Almond, hemp allowed if cans are BPA-free and if the meat is free of free cow, goat-8 oz 1/8 whole avocado, flaxseed oil, 8 oz high-FODMAP fillers. ☐ Butter/ghee (clarified hempseed, olive (extra ☐ Yogurt (plain): Lactose-☐ Milk: Coconut-4 oz **Animal Protein:** ☐ Meat: beef, buffalo, elk, butter, grass-fed)-1 tvirgin), safflower free cow, goat-4-6 oz ☐ Milk: Rice-6 oz ☐ Cheese (hard): cheddar, lamb, pork, venison, ☐ Coconut milk, regular (high-oleic), sesame, ☐ Yogurt (plain): colby, feta, havarti, (canned)-1 ½ T sunflower (high-oleic), other wild game-1 oz coconut-4-6 oz manchego, Pecorino, ☐ Poultry (skinless): walnut-1 t ☐ Coconut milk, light 1 dairy serving = 90-150 calories, 7-8 g protein, 12 g carbs Swiss-1/2 02 ☐ Olives: Black, green, Chicken, Cornish hen, (canned)-3 T1 dairy alternative serving = 25-90 calories, 1-9 g protein, ☐ Cheese (soft): duck, pheasant, turkey, Kalamata-8 ☐ Mayonnaise 1-4 g carbs (nutritional values vary) brie, Camambert, etc.-1 oz (unsweetened)-1 t \square Pesto (olive oil)-1 t **Eliminate** chevre, goat cheese, ☐ Oils, cooking: Avocado, Buttermilk, evaporated milk, goat milk, heavy cream, kefir, oat milk, sour **Plant Protein:** mozzarella-1 oz cream, soy milk, sweetened condensed milk, yogurt (except those listed), coconut, ghee, olive ☐ Spirulina-2 T and any other lactose-containing dairy products. Check milk substitutes for ☐ Cottage cheese (extra virgin), rice bran, \square Tempeh–1 oz high-FODMAP sweeteners and additives. Unsweetened homemade dairy (dry curd) $-\frac{1}{4}c$ alternatives are preferred. sesame-1 t☐ Tofu (firm/extra \square Cream cheese-2 Tfirm) $-1\frac{1}{2}-2$ oz 1 serving = 45 calories, 5 g fat □ Parmesan cheese–2 T **NUTS & SEEDS Proteins/Fats Protein Powder: Eliminate** \square Ricotta cheese-2 T Chocolate, soybean oil, and any salad dressings or sauces made with ☐ Check label for sweeteners or other high-FODMAP additives. \square Egg-1, or 2 egg whites Servings/day # grams/scoop ☐ Fish/shellfish: Unsweetened, unsalted, organic preferred (1 protein serving=7 g) Anchovies, clams, Bovine collagen, egg, \square Almonds-6 □ Nut flour/meal: cod, flounder, halibut, hemp, whey protein ☐ Brazil nuts-2 Almond-1/4 c salmon, sardines, trout. isolate \square Chia seeds–1 T ☐ Peanuts-10 tuna, etc.-1 oz ☐ Pecan halves-4 ☐ Chestnuts–5 1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, \square Coconut (fresh)- $\frac{1}{3}$ c \square Pine nuts-1 T 0-4 a carbs □ Coconut (dried. \square Pumpkin seeds–1 T Items in orange indicate moderate- and high-Average protein serving is 3-4 oz (size of palm of hand). shredded)-3 T \square Sesame seeds-1 TFODMAP foods that may be tolerated in reduced \square Flax seeds-\(\frac{1}{2}\) T \square Sunflower seeds-\(\frac{1}{2}\) T serving sizes, as specified. Limit orange foods to a **LEGUMES** Proteins/Carbs maximum 1 serving from each food category daily. ☐ HazeInuts-5 □ Walnut halves–4 ☐ Macadamias-2-3 Servings/day_ □ Nut and seed butters: Notes: Nutritional amounts are based on average values for the Organic, non-GMO preferred Almond, tahini variety of foods within each food category. □ Chickpeas ■ Black beans (sesame seed) $-\frac{1}{2}$ T Dietary prescription is subject to the discretion of the (canned only) $-\frac{1}{4}c$ (canned only) $-\frac{1}{4}c$ 1 serving = 45 calories, 5 g fat health practitioner. ☐ Green peas \square Hummus-1 T**Eliminate**

Cashews and pistachios.

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 $(cooked)-\frac{1}{8}c$

VEGETABLES Non-star	rchy Carbs	FRUIIS	Carbs	BEVERAGES, SPICES	& CONDIMENTS	
Servings/day		Servings/day		Unsweetened, no sugar add	ded	
□ Artichoke hearts (canned)—½ c □ Arugula □ Asparagus—1 spear □ Bamboo shoots □ Beets (cubed)—¼ c □ Bok choy □ Broccoli—¼ c □ Cabbage: Green, purple, Savoy □ Carrots □ Celeriac root □ Celery—¼ med stalk □ Chard/Swiss chard □ Chervil □ Chives □ Cilantro	☐ Horseradish ☐ Kohlrabi ☐ Lettuce, all ☐ Microgreens ☐ Parsley ☐ Parsnips ☐ Peppers, all ☐ Pumpkin ☐ (canned only)—1/4 c ☐ Radicchio ☐ Radishes ☐ Scallions (green part only)—2 T ☐ Sea vegetables ☐ Snow peas—5 pods ☐ Sprouts: Alfalfa, bean	Unsweetened, no sugar ad Banana—½ med Blueberries—¾ c Cranberries, af c Dried fruit: Cranberries, currants, Gogi berries, papaya, pineapple, raisins—1 T Grapefruit—½ med Grapes—15 Guava—1 med Kiwi—1 med Melon, all—1 c 1 serving = 60 calories, 15 g carle Eliminate Apples, applesauce, apricots, blackb figs, lychee, mango, nectarines, peace	☐ Orange—1 sm ☐ Papaya—1 c ☐ Passionfruit—1 med ☐ Pineapple—¾ c ☐ Pomegranate seeds—¼ c ☐ Raspberries—1 c ☐ Rhubarb—1 c ☐ Starfruit—1 med ☐ Strawberries—1¼ c ☐ Tangerines—2 sm	☐ Filtered water ☐ Sparkling/mineral water ☐ Coconut water-4 oz ☐ Coffee ☐ Fruit juice: Orange, cranberry-4 oz ☐ Tea: Black, chai green, peppermint, white ☐ Tea (diluted): Chamomile, herbal, oolong ☐ Cacao powder ☐ Cocoa powder ☐ Herbs: basil, cilantro, curry leaves, kafir lime, lemongrass,	☐ Spices, all ☐ Condiments: Fish sauce, ketchup (unsweetened), lemon/lime juice, miso paste, mustard, vinegar (apple cider, balsamic, rice wine), Worchestershire sauce—use sparingly, suggest 1 T or less per serving	
☐ Cucumbers☐ Daikon radishes☐ Eggplant☐ Endive	Daikon radishes chayote, spaghetti, Eggplant yellow, zucchini Endive □ Tomato		watermelon, and all canned fruit. WHOLE GRAINS (100%) Carbs		mint, parsley, rosemary, sage, tarragon, thyme, watercress Approved sweeteners: Maple syrup, molasses, Stevia—	
☐ Escarole ☐ Fennel ☐ Fermented vegetables: Kimchi, sauerkraut—1 T ☐ Green beans ☐ Greens: Beet, collard, kale, mustard, turnip, etc. ☐ Ginger root—1 t 1 serving = ½ c, 1 c raw greens = Eliminate Bittermelon, Brussels sprouts, cauliflower leeks, mushrooms, okra, onion, shallots s (Jersulaem artichokes), and sweet corn.	r, dandelion greens, garlic, jicama, sugar snap peas, sunchokes ,	Servings/day	☐ Quinoa-½ c ☐ Popcorn-1 c ☐ Rice: Basmati, black, brown, purple, red, white, wild-⅓ c ☐ Sorghum-⅙ c ☐ Teff-¾ c Gluten Containing: ☐ Bulgur-¼ c ☐ Spelt-¼ c Individual portions:	use sparingly, suggest 1 t. Eliminate Artificial sweeteners, dandelion tea, fruit juice (except those listed), garlic salt, honey, and onion salt. Items in orange indicate moderate- and high-FODMAP foods that may be tolerated in reduced		
VEGETABLES Starchy Servings/day	ervings/day		☐ Bread—1 slice ☐ Pasta—1/3 c ☐ Tortilla—1, 6 in	serving sizes, as specified. Limit orange foods to a maximum 1 serving from each food category daily.		
☐ Acorn squash (cubed)—1 c ☐ Butternut squash (cubed)—1/4 c ☐ Plantain—1/3 c or 1/2 whole	 □ Potato: Purple, red, sweet, yellow-½ med □ Potatoes (mashed)-½ c □ Root vegetables: Parsnip, rutabaga, taro, turnip-½ c 	(rolled)—¼ c □ Oats: steel-cut—½ c 1 serving = 75-110 calories, 15 g carbs Eliminate Eliminate any breads, cereals, crackers, pastas, etc., made from wheat, rye, and barley. This includes cous (wheat), flour tortillas, freekeh, granola		Notes: Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.		
1 serving = 80 calories, 15 g carb	☐ Yam−½ med	mixes, naan, Roti, sprouted bread.			»IFM [®]	