

Make Your Meal Plan Low FODMAP

A list of common high FODMAP foods and low FODMAP substitutions that are generally tolerated by most. Substitutions determined based on imitating texture, flavor, and nutritional content.

High FODMAP Ingredient	Low FODMAP Alternative
Almonds	Replace with cashews, macadamia nuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, or sunflower seeds.
Anise/Fennel	Limit to small amount or replace with parsnip or cucumber.
Apples	Replace raw or cooked apples with up to 15 raw or cooked grapes.
Artichoke	Replace with equal amount bok choy.
Asparagus	Replace with equal amount green beans.
Avocado	Consume less than 1/8 avocado or replace with 10-15 nuts, palmful of seeds, coconut oil, or olives.
Beets	Consume less than 4 slices.
Broccoli/Broccolini	Consume less than 1/2 cup broccoli/broccolini or replace with equal amount of broccoli rabe.
Brussels Sprouts	Consume less than 1/2 cup or replace with equal amount kohlrabi.
Butternut Squash	Consume less than 1/2 cup butternut squash or replace with kabocha squash.
Cauliflower	Replace pureed cauliflower with equal amount of pureed kabocha squash or butternut squash (if less than 1/2 cup), celeriac, or turnip. Replace cauliflower rice with equal amount of spaghetti squash. Replace roasted or steamed whole cauliflower with equal amount of potato or zucchini. Replace raw cauliflower with equal amount of zucchini.
Celery	Consume less than 1/4 stalk.
Cherries	Replace with equal amount berries or pomegranate seeds.
Chia Seed	Consume 2 tbsp maximum.
Dates	Replace with 1 tbsp maximum of dried cranberries or raisins.
Flax Seed	Consume 1 tbsp maximum.

High FODMAP Ingredient	Low FODMAP Alternative
<p>Garlic Garlic Powder</p>	<p>If the recipe calls for oil (do not use water), sauté whole, peeled garlic in the oil for 1-2 minutes and then discard of the garlic and continue with the recipe. Green onions/scallions (the green section of the plant only) and chives can also be used to replace garlic and garlic powder.</p>
<p>Hazelnuts</p>	<p>Replace with cashews, macadamia nuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, or sunflower seeds.</p>
<p>Honey</p>	<p>Replace with equal amount of maple syrup.</p>
<p>Mushrooms</p>	<p>Replace with equal amount of cubed or sliced eggplant or zucchini.</p>
<p>Non-Dairy Milk</p>	<p>If using canned coconut milk, find a brand with ingredients containing only coconut and water (no gums, carrageenan, or other stabilizers). Make your own almond, hemp, coconut milk, etc. instead of using store-bought unless you can find a brand that does not contain gums, carrageenan, or other stabilizers. Limit to maximum ½ cup per day, at most.</p>
<p>Onions/Shallots/Leeks Onion Powder</p>	<p>If the recipe calls for oil, sauté a large chunk of peeled onion, shallot, or leek in the oil (do not use water) for 1-2 minutes and then discard the onion and continue with the recipe. Green onions/scallions (the green section of the plant only) and chives can also be used to replace onions, shallots, leeks, and onion powder.</p>
<p>Pistachios</p>	<p>Replace with a small handful of cashews, macadamia nuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, or sunflower seeds.</p>
<p>Radicchio</p>	<p>Replace with equal amount endive or romaine lettuce.</p>
<p>Sweet Potato</p>	<p>Consume less than ½ cup or replace with equal amount white potato.</p>
<p>Tomato products</p>	<p>Make your own tomato sauces, pastes, etc. to ensure they do not contain added sugar, onions, or garlic.</p>

Make Your Meal Plan Nightshade-Free

A list of common Nightshade foods and substitutions that are generally tolerated by most. Substitutions determined based on imitating texture, flavor, and nutritional content. As a rule of thumb, cooking nightshade vegetables reduces the alkaloid content and may make them more tolerable.

Nightshade Vegetables	Non-Nightshade Alternative
Bell Pepper	Replace with equal amount zucchini, cucumber, radishes, carrots, celery, or stems of chard.
Dried Ancho Dried Chipotle Dried Serrano	Replace with freshly ground Black, Cubeb, Sezchuan, Longberry, or Pink peppercorns or freshly ground cloves to taste and liquid smoke that does not contain sweeteners, artificial dyes or preservatives (such as Wright's brand). Ground cinnamon, mustard powder, horseradish, and wasabi can also be used with liquid smoke.
Eggplant	Replace with equal amount mushroom, cauliflower, or zucchini.
Hot Peppers (including Red Pepper Flakes and Cayenne Pepper)	Replace with freshly ground Black, Cubeb, Sezchuan, Longberry, or Pink peppercorns or freshly ground cloves to taste. Ground cinnamon, mustard powder, horseradish, and wasabi can also be used.
Tomato	Replace raw and lightly cooked tomatoes with equal amount underripe mango, zucchini, or cucumber and add lemon juice to increase tartness.
Tomato products	Replace tomato sauce with pureed pumpkin, butternut squash, or sweet potato and add lemon juice or vinegar to mimic acidity of tomatoes or use a combination of pureed squash, carrots, beets, lemon juice, and vinegar to obtain flavor and appearance of tomato sauce. Umeboshi paste (Japanese pickled and brined plums) can be added to any dish containing tomatoes (tomato sauce, salsa, etc.) to add tomato flavor — start with 1/8 tsp and continue adding until desired flavor is attained
White potato	If tolerated, peel potato and avoid sprouting potatoes. If not tolerated, replace with equal amount sweet potato, plantain, cassava, yucca, turnips, parsnips.

Make Your Meal Plan Nut-Free

A list of common nuts/nut products used in recipes and seed/seed product substitutions based on nutritional content. Measurements refer to shelled/hulled nuts/seeds.

Type of Nut/Nut Product (¼ cup or 4 tbsp increments)	Seed/Seed Product Alternatives
Almonds	Replace with... <ul style="list-style-type: none"> • ½ cup pumpkin seeds • 2 ½ tbsp flax seeds • 1 ¾ tbsp chia seeds • 3 tbsp sunflower seeds • 2 ½ tbsp sesame seeds • 2 ½ tbsp hemp seeds
Butters; almond, hazelnut, macadamia, pecan, cashew, etc.	Replace with equal amount of sesame seed butter (tahini), sunflower seed butter, or hemp seed butter
Cashews	Replace with... <ul style="list-style-type: none"> • ¼ cup flax seeds • 2 ¾ tbsp chia seeds • 2 tbsp sunflower seeds • ¼ cup sesame seeds • 2 tbsp hemp seeds
Hazelnuts	Replace with... <ul style="list-style-type: none"> • ¼ cup flax seeds • 3 tbsp chia seeds • 2 ¼ tbsp sunflower seeds • ¼ cup sesame seeds • 2 ½ tbsp hemp seeds
Macadamia nuts	Replace with... <ul style="list-style-type: none"> • ¼ cup flax seeds • 3 ¾ tbsp chia seeds • 3 tbsp sunflower seeds • ¼ cup sesame seeds • 3 tbsp hemp seeds
Pecans	Replace with... <ul style="list-style-type: none"> • ½ cup pumpkin seeds • ¼ cup flax seeds • 3 tbsp chia seeds • 2 ¼ tbsp sunflower seeds • ¼ cup sesame seeds • 2 ½ tbsp hemp seeds
Pine nuts	Replace with... <ul style="list-style-type: none"> • ¼ cup flax seeds • 1 tbsp chia seeds • 3 tbsp sunflower seeds • ¼ cup sesame seeds • 3 tbsp hemp seeds
Walnuts	Replace with... <ul style="list-style-type: none"> • ¼ cup flax seeds • 2 tbsp chia seeds • 3 tbsp sunflower seeds • ¼ cup sesame seeds • 2 ½ tbsp hemp seeds

Make Your Meal Plan Egg-Free

A list of common ways eggs are used and their substitutions. In baking recipes, egg substitutes generally work well but you may need to experiment to determine the best option.

Egg Form	Eggless Alternative
<p>Baked goods; eggs used for making breads, cakes, brownies, etc.</p>	<p>Replace one egg with...</p> <ul style="list-style-type: none"> • 1/3 cup applesauce • 1/4 cup applesauce + 1 tsp baking powder • 1/4 cup dairy-free yogurt • 1/4 cup pureed banana • Flax egg (1 tbsp ground flax + 2.5 tbsp warm water and let sit for 5 minutes) • Chia Egg (1 tbsp ground chia + 2.5 tbsp warm water and let sit for 5 minutes) • 1/4 cup oil (olive or avocado oil) • 1 tbsp gelatin + 3 tbsp warm water • 2 heaping tbsp potato, arrowroot, or tapioca starch • Ener-G-Egg Replacer (see package for instructions) • 1 tbsp Agar Agar + 1 tbsp water
<p>Breakfast food; egg prepared scrambled, over-easy, hard-boiled, etc.</p>	<p>Replace one egg with two 8-10 ounce slices bacon, one boneless and skinless chicken thigh, 2 ounces of beef brisket, 1 ounce of ground beef, or 1 ounce of lamb, etc.</p>
<p>Mayonnaise</p>	<p>Replace with egg-free mayonnaise, oil, or avocado</p>