

FODMAP-Friendly Shopping at Kroger

This is a list of foods that should be safe for the elimination portion of the FODMAP diet. Different patients have diverse reactions to certain ingredients. The biggest things to watch out for on the label are onion, garlic, and soy protein/oil/isolate. *Be sure to read all ingredient labels.* Some items are no longer available at Kroger, but are available at other grocery stores (Amazon, HEB).

Sweets/Baked Goods

**Avoid foods sweetened with high fructose corn syrup, honey, molasses, dates, or sugar alcohols (such as mannitol, sorbitol or xylitol).*

- Aleia's Cookies (Amazon, HEB)
- Cybles Cookies
- Enjoy Life Cookies
- Enjoy Life Semi Sweet Chocolate Chips
- Glutino Cookies (Amazon, Wal Mart)
- Pamela's Gluten Free Cookies
- Pamela's Cake Mixes
- Udi's Gluten Free Blueberry Muffins
- Udi's Chocolate Chip Cookies



Bread

**Avoid all wheat based breads*

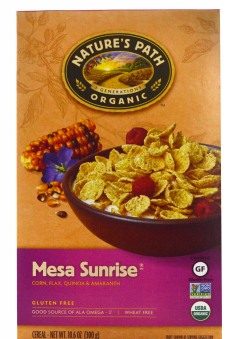
- Food for Life Brown Rice Tortillas
- Food for Life Rice Bread
- Food for Life Brown Rice English Muffins
- Rudi's Gluten Free Bread (Amazon, Wal Mart)
- Udi's Gluten Free Bread
- Udis Gluten Free Pizza Crust
- Udis Gluten Free Hot Dog/ Hamburger Buns



Cereal

**Stay away from any cereals containing wheat or high fructose corn syrup.*

- Corn Chex
- Envirokidz Organic Gorilla Munch Cereal
- Envirokidz Organic Peanut Butter Panda Puffs Cereal
- Erewhon Corn Flakes, Crispy Rice Cereal (Amazon, Wal Mart)
- Kellogs Rice Krispie Treats Gluten Free
- Kroger Corn Flakes
- Nature's Path Corn Flakes
- Nature's Path Fruit Juice Corn Flakes
- Nature's Path Mesa Sunrise
- Rice Chex





Condiments

- Hain Canola Mayo
- Kraft Real Mayo
- Kraft Sandwich Spread
- Private Selections Stone Ground Mustard



Hot Cereal

**Oats do not contain gluten, however many companies work in facilities that also produce gluten. If you are very sensitive to gluten, do not consume any oat product unless it is certified as gluten free.*

- Ancient Harvest Quinoa Flake
- Bob's Red Mill Quick Cooking Oats, Rolled Oats, Steel Cut Oats, 5 Grain Hot Cereal
- Kroger Instant Oatmeal, 100% Whole Grain Oats
- McCann's Quick Cooking Irish Oatmeal
- Mom's Best Naturals Plain Grain, Quick Oats
- Quaker Instant Original Oatmeal, Steel Cut Oats
- Silver Palate Thick and Rough Oatmeal
- Simple Truth Organic Instant Original Oatmeal
- ThinkThin Original Sprouted Oats
- Bakery on Main Unsweetened
- Post Great Grains Original
- Better Oats Quick Oats, Old Fashioned Oat
- Qia Super Seeds and Grain
- Qia Chia, Buckwheat, and Hemp
- Nature's Path Flax Plus
- Nature's Path Homestyle



Cheese

**Brie, Camembert, Cheddar, Cottage, Feta, Goat, Mozzarella, Parmesan, Ricotta, and Swiss are FODMAP friendly.*

- Boar's Head Lite Cheddar
- Cabot Reduced Fat Cheddar
- Kraft Fat Free Shredded Cheddar
- Kraft Fat Free Sharp Cheddar
- Kraft Big Slice Swiss
- Kroger Fat Free Swiss



Chicken

** Pay close attention to ensure that canned/package products do not contain soy, garlic, and onion.*

- Hormel No Salt Added Chicken
- Kroger Chunk Chicken in Water Canned and Packaged
- Sweet Sue Chicken



Dairy Products

* Look for dairy-free options for milk, butter, and yogurt, but be sure to avoid high fructose corn syrup. Many people found different results with almond milk, though most tolerated it in small amounts.

- Almond Breeze Almond Milk, Coconut Milk
- Rice Dream Rice Milk
- Silk Almond Milk, Cashew Milk
- Earth Balance Butter
- Smart Balance Butter
- Breyer's Lactose Free Ice Cream
- Green Valley Organic Lactose Free Yogurt
- So Delicious Coconut Milk Yogurt
- Lifeway Kefir



Eggs

*All eggs and egg whites are FODMAP Friendly, just ensure there is no added garlic or onions.

Fish

* Pay close attention to ensure that canned/packaged products do not contain soy, garlic, or onion

- Beach Cliff Sardines in Water
- Bumblebee Solid White Albacore Prime Filet
- Chicken of the Sea Skinless Boneless Pink Salmon, Sardines in Water
- Honey Boy Skinless Boneless Pink Salmon
- Kroger Makerel, Skinless Boneless Pink Salmon
- Cedar Bay Cedar Planked Salmon, Lightly Seasoned
- Kroger Atlantic Farm Raised Salmon, Wild Caught Stockeyed Salmon



Flours

*Avoid wheat, almond, amaranth, buckwheat, rye or spelt flours.

- Arrowhead Mills Oat Flour (Amazon, Wal Mart)
- Betty Crocker Gluten Free Flour
- Bisquick Gluten Free
- Bob's Red Mill Whole Grain Quinoa Flour, Gluten Free Flour, Rice Flour
- Glutino Gluten Free Flour
- King Arthur Gluten Free Multi Purpose Flour
- Pillsbury Gluten Free Flour



Fruits

*The following fruits are considered low FODMAP: 1/4 Avocado, Banana, Blueberries, Cantaloupe, Grapes, Grapefruit, Honeydew, Kiwi, Lemon, Lime, Orange, Orange, Pineapple, Rhubarb, Strawberry, Tangelo

Meat

* Buy plain, unseasoned meat and add your own spices and marinade



Meat-Free

**Pay close attention to meat-free ingredients, as most contain soy.*

Nuts

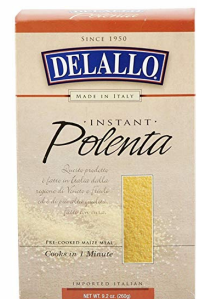
**Avoid cashews and pistachios*

- Back to Nature Unsalted
- Blue Diamond Baking Nut
- Kroger Baking, Dry Roasted Nuts
- Wonderful Almonds
- Kroger Bulk Bin Dry Roasted Nuts



Pasta

- Ancient Harvest Gluten Free Pasta
- Ancient Harvest Polenta
- Banza Chickpea Pasta (In Small Amounts)
- Deallo Polenta
- Deallo Potato Gnocchi
- DeBoles Gluten Free Pasta
- Explore Cuisine Veggie Pastas (In Small Amounts)
- Kroger Gluten Free Pasta
- Pow Pasta (In Small Amounts)
- Jovial Brown Rice Pasta, Egg Pasta
- Simple Truth Organic Gluten Free Pasta



Peanut/Almond Butter

- Fifty 50 Peanut Butter
- Crema Peanut Butter
- Kroger Just Right Creamy, Natural Creamy/Crunchy, Reduced Fat Creamy
- Maranatha Peanut and Almond Butter
- PB Powder



Potatoes

- Betty Crocker Mashed Potato Buds

Quinoa

- Ancient Quinoa, Red Inca Quinoa
- Eden Quinoa, Red Quinoa
- Near East Quinoa Blend
- Roland Garden Vegetable Quinoa
- Simple Truth Quinoa, Red Quinoa
- Success Boil in Bag Quinoa
- Village Harvest Quinoa





Rice

- Annie Chuns: Sprouted Brown Sticky Rice, Maifun Brown Rice
- Goya Brown Rice
- Hindo Brown Rice
- Kohinoors Exclusive Brown Basmati Rice
- Kroger: 90 Second Rice Whole Grain Brown, Brown Rice Microwaveable, Long Grain Brown Rice, Whole Grain Boil in Bag Brown Rice
- Lundberg: Brown Jasmine Rice, Short Grain Brown, Wild Blend, Wild Brown Basmati Rice
- Mahatma Brown Rice
- Minute Maid Ready to Serve Brown, Ready to Serve Brown and Wild, Whole Grain Brown Rice
- Private Selections Wild Rice
- Ricelands Natural Brown Rice
- Seeds of Change: Quinoa and Whole Grain Brown Rice, Whole Grain Brown Basmati Rice, Seven Whole Grains
- Simple Truth Long Grain Brown Rice
- Success Boil in Bag Whole Grain Brown Rice
- Texmati Brown Rice
- Uncle Ben's: Ready Rice Whole Grain Medley Brown and Wild, Whole Grain Brown, Whole Grain Boil in Bag, Whole Grain Instant



Rice Cakes

- Kroger White Cheddar, Low Sodium
- Lundberg: Brown Rice Cakes, Cinnamon, Caramel Corn, Wild Rice Cake
- Quaker No Salt



Soups

**Try homemade soups. Almost all soups and broths have added garlic and onion.*

Tortilla Shells/ Strips

- Ortega Whole Grain Taco Shells
- Kroger Corn Taco Shells
- Kroger Original Tortilla Strips



Vegetables

- Alfalfa, Bean Sprouts, Bok Choy, <1 cup Broccoli, <1 cup Brussel Sprouts, <1 cup Butternut Squash, Carrots, <1 stick Celery, Chives, Cucumber, Eggplant, <1 cup Fennel, Green Beans, Ginger, Kale, Lettuce, Okra, Olives, Potatoes, Rad-ish, Red Bell Pepper, Spinach, <10 Snow Peas, <1/2 cup Sweet Potato, Tomato, Water Chestnuts, Zucchini





Snacks

- 365 No Salt No Butter Popcorn (Amazon, Whole Foods)
- = Crunchmaster Gluten Free Multi-Seed Crackers
- Glutino Cracker
- Glutino Gluten Free Pretzels
- Jolly Time Healthy Pop 94% Fat Free Popcorn
- Kind Bars: Maple Pumpkin Seed, Peanut Butter Dark Chocolate
- Lundberg Farms Sea Salt Rice Chips
- Mary's Gone Crackers
- Nature Valley Nut Crunch Granola Bars (Amazon, Target, Wal Mart)
- Newman's Own Unsalted Popcorn (Amazon, HEB, Wal Mart)
- Original Popchips
- Orville Smart Pop 94% Fat Free Popcorn
- Potato Chips (unflavored)
- Rice Cakes (unflavored)
- Riceworks Sea Salt Chips (Amazon, Wal Mart)
- Simple Truth Ancient Grain Rice Crackers, Multigrain Rice Crackers
- Snyder's of Hanover Gluten Free Pretzel Sticks
- Tortilla Chips (unflavored)
- Potato Chips Including
 - Boulder Canyon 60% Less Salt
 - Food Should Taste Good Blue Corn, Multigrain, Sweet Potato,
 - Kettle Unsalted Potato Chip (Amazon, Wal Mart)
 - Michael's Season's Unsalted Potato Chips (Amazon, Wal Mart)
 - Cape Cod Reduced Fat Potato Chip
 - Dred Head Cinnamon Dessert Chips
 - Kroger 100% White Corn, Original Kettle Potato
 - Lay's Lightly Salted Potato Chip
 - Seneca Apple Chips
 - VICS Half Salt Popcorn
 - Xochilt Tortilla Chips
 - Simple Truth Blue Corn, Exotic Vegetable, Sweet Potato, White Corn, and Yellow Corn Chips
 - Terra Beets & Carrot Krinkle, Original, Sweets & Apple, Sweets & Beets, Sweets and Carrots, Sweet Potato Chips



FODMAP Diet Chart:

- Limit foods which contain:
- Lactose- milk, cheese, yogurt, ice cream
- Fructose- fruit, honey, high-fructose corn syrup (1:1 ratio fructose:glucose okay)
- Fructans- wheat, onions, garlic
- Galactans- beans and lentils
- Sugar Alcohols (Polyols)- sorbitol, xylitol, mannito