

What IS a FODMAP Exchange

1 P = 1 oz meat/protein (35-75 calories and 7g protein)

LEAN MEATS (35-55 calories per ounce)

- Poultry: skinless chicken and turkey breast, ground turkey (99% lean)
- Fish: cod, flounder, salmon, haddock, halibut, trout, fresh tuna, smoked salmon, tuna (canned in water)
- Red Meat: lean cuts include round, sirloin, tenderloin, roast (rib, chuck, rump); steak (flank, T-bone, porterhouse)
- Pork: tenderloin, Canadian bacon (low-sodium)
- Deli meat: lean (<1g fat per ounce), such as thinly sliced turkey, chicken, ham, or roast beef; (low-sodium is best)
- Game: duck or venison, buffalo, ostrich
- 2 egg whites
- 1oz fat-free/low-fat **hard** cheese (<3g of fat per serving)
- ¼ cup dry curd fat-free or low-fat, lactose-free cottage cheese

MEDIUM FAT MEATS (65-75 calories per ounce)

- 3oz or ½ cup tofu OR 3oz tempeh OR 3 oz. Quorn (grounds/mince only)
- Pork cutlet or shoulder roast
- Chicken, turkey (dark meat, no skin)
- Veal (lean chop, roast)
- 1oz reduced-fat hard cheese (4-7g fat per serving)
- 1oz 80% lean ground beef, meatloaf, short rib, prime rib
- 1 whole egg

Limit to 1 serving per meal/snack: goat cheese (1 oz), ricotta cheese (1/3 c)

D = 1 Dairy Substitute (100 calories and 12g carbs)

- 1 cup fat-free, lactose-free milk or rice milk (unsweetened)
- 1 cup (8 oz.) **fat-free or low fat**, lactose-free plain Kefir
- ½ cup **regular, plain** Kefir (*limit to 1 serving per meal/snack if regular Kefir*)
- 1 cup lactose-free yogurt

S = 1 Starch (80 calories and 15g carbs)

- ½ cup potato/sweet potato
- ½ medium potato (3oz)
- ½ cup corn OR 1 corn tortilla
- ½ cup breakfast cereal (oat, rice, corn, buckwheat, quinoa, amaranth, or millet-based)
- ¼ cup dry gluten free (GF) oats (*limit 1 serving/day*)
- ½ cup GF pasta (corn, rice, quinoa, or 100% buckwheat aka soba)
- ⅓ cup cooked rice, quinoa, or millet
- ½ cup grits, cornmeal, or polenta (cooked)
- 2 rice cakes
- 5 or ¾ oz of rice or other gluten-free crackers
- 3 cups air-popped popcorn
- 1 slice sourdough spelt bread (1 oz.)

*Limit to 1 serving per meal/snack: cooked oatmeal/oat bran (1/2 c) and oat flour (1/4 c)
Half of daily starch intake should be whole grains or starchy vegetables*

V = 1 Vegetable (25 calories)

- ½ cup cooked or raw carrots, eggplant, bamboo shoots, pickles, chili pepper, zucchini, water chestnuts, red bell peppers, summer squash, scallions, tomatoes (no tomato paste), cucumber
- 1 cup raw leafy vegetables: spinach, lettuce, endive, kale, bok-choy, arugula, alfalfa & bean sprouts
- ½ cup vegetable juice

Limit to 1 serving (½ cup) per meal/snack: bok choy, celery, fennel, green bell pepper, green beans, green peas, kale, okra, turnip/rutabaga

Condiments

- Black and cayenne pepper, sea salt, fresh herbs/spices, vinegar
- Artificial sweeteners that don't end in "-ol"

F = 1 Fruit (40-60 calories and 15g carbs)

Limit to 1 portion per meal/snack.

- ½ cup of the following: honeydew, cantaloupe, or pineapple, blueberries, raspberries, strawberries, grapes
- ½ large banana
- 1 medium kiwi OR 1 small orange
- 1 medium tangelo OR clementine
- ⅓ cup orange juice (no added sugar)
- 1/3 cup lemon or lime juice

O = 1 Fat/Oil (45 calories and 5g fat)

UNSATURATED FATS

- 1 tsp oil (any type, including olive oil, canola oil, walnut oil, soybean, and garlic-infused)
- 1 tsp margarine
- 1 tsp full fat mayo or 1 Tbsp light mayo
- 8 large black olives
- ½ Tbsp natural peanut, almond, or other nut/seed (no sugar added) butter
- 8 raw almonds, 4 walnut halves, or 10 peanuts
- 1 Tbsp seeds (see below)

Limit to ½ oz or 2 Tbsp of the following per meal/snack: nuts (not cashews or pistachios), peanut/almond butter, seeds (sesame, pine nuts, chia, sunflower, or pumpkin/pepitas), tahini, coconut meat or flour

SATURATED FATS

- 1 tsp coconut oil or butter
- 1 Tbsp cream cheese (or 1.5 Tbsp light)
- 2 Tbsp half 'n half or sour cream (3 Tbsp light)

Limit to 2 Tbsp per meal/snack: cream cheese, half-and-half, sour cream, heavy whipped cream.