

FODMAPs and a Low FODMAP Diet

FODMAPs: fermentable oligosaccharides, disaccharides, monosaccharides, and polyols.

LACTOSE

- A disaccharide found in dairy products like milk, ice cream, and some cheeses.
- Many people see improvement in digestive symptoms with simply removing this category.

FRUCTOSE

A simple sugar found in many fruits (cherries, watermelon, apples), some veggies (asparagus, Jerusalem artichokes), high-fructose corn syrup, and honey.

FRUCTANS

Oligosaccharides found in a variety of foods, including gluten-containing grains (wheat, barley, rye) as well as fruits and veggies (garlic, onions).

GOS

Galacto-oligosaccharides (GOS) — complex sugars classically found in beans, cashews, pistachios, and soy milk made of whole beans.

POLYOLS

These are sugar alcohols found in certain fruits (e.g., apples, pears), sweeteners (e.g., sorbitol, mannitol), and some vegetables (e.g., cauliflower, mushrooms).

LOW FODMAP

STEP 1

- The goal of a low FODMAPs diet is to reduce or eliminate foods that are high in FODMAPs for a period of time, usually around **2 to 6 weeks**, to relieve symptoms.
- Typically, it means that you eat foods from **GO FOR IT** list or eat a low FODMAP serving size from the other lists.

NB! It is advisable to attempt a low FODMAP diet under the supervision of a health practitioner or dietitian.

REINTRODUCTION

STEP 2

- This step involves reintroducing foods back into your diet in a methodical way to determine which foods and FODMAPs trigger symptoms and which do not.
- Each FODMAP subgroup should be reintroduced separately.
- Eat the new food for 2 continuous days in a decent portion and then wait for 2 days and observe.
- It takes most people around 6 to 8 weeks to complete the reintroduction step.

PERSONALIZATION

STEP 3

- Once your dietitian has interpreted your food triggers and tolerances, you can begin to reintroduce foods and FODMAPs that were tolerated well and avoiding **ONLY** the foods that triggered your symptoms.
- It is important to remember that FODMAP tolerance can change over time, so if there are foods you didn't tolerate as well, try again in a few months to see if anything has changed.

How to Read This Guide to FODMAPs

GO FOR IT

Eat as you'd normally eat

- Eat regular serving sizes.
- In some cases, I've provided upper limits because some people tend to eat larger portions of those foods.

WATCH OUT

Avoid overall

- These are the foods that you're probably better off not be eating at all.
- If you choose to have some of those foods, use them as garnish.

DON'T OVEREAT

Eat almost normally but avoid overeating

- Make sure you don't eat too much of those foods.
- Regular serving sizes are fine but skip on seconds.

CUT DOWN

Eat less than you'd normally eat

These are the foods that would be better eaten in smaller quantities than you're used to.

CAUTION

Eat small portions

- In this group, portion sizes are being cut down even further.
- In case you can't keep them to small portions, avoid altogether.

EAT MINIMALLY

Eat minuscule portions

- Well, I would call those portions garnishes!
- However, they are not completely red according to Monash University.

FODMAP STACKING

Can you eat too many green foods so that the FODMAPs stack on top of one another?

- FODMAP stacking refers to the notion that when multiple 'green serves' of food are eaten in one sitting, there is an accumulation of FODMAPs in the gut, triggering symptoms.
- If you keep in mind the upper limits given in this table, you should be fine to eat several foods within the same category.
- You should feel comfortable eating reasonable portions of **GO FOR IT** foods, but don't worry if you eat more. It will not undo all of your good work. Most people won't get symptoms from these type of foods. It's the **WATCH OUT** FODMAP foods that create the most havoc, such as onions, dried legumes and pears.

Does stacking relate to the foods eaten over a whole day or just in one meal?

- As a general rule, stacking relates to a single sitting or meal.
- This of course assumes that meals are spaced out over the day, with at least 2-3 hours between each meal or snack.
- This allows food to be digested between meals and slows the rate at which the gut is exposed to the FODMAPs.
- If you find you are constantly snacking and experiencing IBS symptoms, spacing out your meals may help.

Plant-Based FODMAP Food List

GO FOR IT!

Eat as you'd normally eat

Leafy Greens

- Arugula
- Bamboo shoots
- Pak choi (choy sum)
- Collard greens
- Endive, leaves
- Kale
- Lettuce, butter and radicchio, 75g
- Lettuce (Romaine, Iceberg, red coral)
- Silverbeet
- Spinach, baby, 75g
- Spinach, English, water
- Swiss chard

Starchy Veggies

- Arrowroot
- Carrot
- Corn (baby, canned; flour, bread, polenta)
- Parsnip
- Potato, red/white, unpeeled
- Pumpkin, kabocha
- Squash, spaghetti/pattypan cooked
- Water chestnut

Non-Starchy Veggies

- Alfalfa sprouts, 75g
- Bamboo shoots

GO FOR IT!

Eat as you'd normally eat

Non-Starchy Veggies

- Broccoli, head, 75g
- Cabbage, head, 75g
- Cucumber, pickled
- Fungus, white black back, dried
- Heart of palms, canned
- Kohlrabi
- Leek, leaves
- Mushrooms, button, canned, oyster
- Onions, spring, green part, 75g
- Onions, pickled
- Radish
- Snakebean
- Tomatillo, canned
- Seaweed, dulse flakes, 10g
- Seaweed, nori
- Seaweed, wakame 5g

Grains

- Buckwheat (groats, flour)
- Millet (seeds, flour)
- Oatmeal, coarse, uncooked, 52g
- Oats, uncooked (groats, 60g; steel cut, 40g; bran, 22g; rolled, 60g)
- Quinoa (seeds, flour)
- Quinoa flakes, dry 50g

GO FOR IT!

Eat as you'd normally eat

Grains

- Rice (also: bran, flour, flakes, noodles)
- Sorghum (groats, flour)
- Spelt (sourdough bread, organic sieved flour)
- Teff (groats, flour)

Pulses

- Mung beans, sprouted
- Tempeh

Fruits

- Banana, sugar
- Blueberries
- Carambola
- Coconut, creamed, canned
- Cumquats
- Dragon fruit
- Durian
- Guava, ripe
- Jackfruit, young, canned
- Lemon juice
- Lime juice
- Mixed peel, citrus
- Olives, pitted
- Papaya
- Pear, prickly
- Plantain

GO FOR IT!

Eat as you'd normally eat

Fruits

- Raspberry jam, 40g
- Rhubarb
- Starfruit
- Strawberry jam, 40g
- Tamarind

Nuts, Seeds, Oils

- Brazil nuts
- Chestnuts
- Chia seeds
- Hemp seeds
- Macadamia
- Oils
- Peanuts
- Pecans
- Pine nuts
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Tigernuts
- Walnuts

Herbs/Spices & Condiments

- Allspice
- Apple cider vinegar
- Balsamic vinegar
- BBQ sauce
- Basil
- Bay leaves
- Capers
- Caraway seeds, 10g

GO FOR IT!

Eat as you'd normally eat

Herbs/Spices & Condiments

- Cardamom
- Chili
- Chimichurri sauce
- Chives
- Chutney, no fruit
- Cilantro
- Cinnamon
- Cloves
- Coriander seeds
- Cumin
- Curry powder
- Dill
- Fennel seeds
- Fenugreek
- Habanero
- Provence herbs
- Horseradish
- Kaffir lime leaves
- Lemongrass
- Mint
- Mustard
- Pepper
- Nutmeg
- Oregano
- Paprika
- Parsley
- Rosemary
- Saffron
- Sage
- Salsa verde
- Soy sauce
- Tamari
- Tamarind paste
- Tarragon

Plant-Based FODMAP Food List

GO FOR IT!

Eat as you'd normally eat

Herbs/Spices & Condiments

- Thyme
- Turmeric
- Vanilla
- Wasabi (no added sorbitol)
- Watercress

Yogurt & Milk

- Almond milk
- Cashew milk
- Coconut milk/yogurt
- Macadamia milk
- Quinoa milk
- Rice milk
- Soy protein soy milk

Drinks

- Beer
- Black tea
- Brandy
- Cacao
- Chai, weak
- Coffee
- Dandelion tea
- Green tea
- Kvass
- Liquorice tea
- Matcha, 2g
- Peppermint tea
- Rooibos
- Tequila
- Vodka
- Whiskey

GO FOR IT!

Eat as you'd normally eat

Sweeteners

- Sugar, raw, 50g
- Maple syrup, 50g
- Sugar, palm, 40g
- Sorghum syrup, 20g

NB! Even though **onions** and **garlic** fall into the **WATCH OUT** category, you're okay to add those wonderful flavours to your dishes as onion and garlic infused oils.

WATCH OUT

Try to avoid overall

Non-Starchy Veggies

- Cauliflower
- Garlic, raw
- Jerusalem artichoke
- Lotus root, dried
- Mushroom, button
- Mushroom, enoki
- Onions
- Onion, spring, bulb

Grains

- Amaranth
- Barley
- Chestnut flour
- Couscous
- Einkorn
- Kamut
- Rye (bread, flour, sprouted)
- Spelt flour
- Wheat (flour, noodles, pasta)

Pulses

- Borlotti beans
- Broad beans
- Chickpea flour
- Falafel
- Fava beans
- Haricot beans
- Navy beans
- Red kidney beans, boiled
- Soy flour

WATCH OUT

Try to avoid overall

Pulses

- Soy protein
- Soy beans, boiled
- Split peas, boiled

Fruits

- Apple, dried
- Apricots, dried
- Figs, dried
- Jackfruit, freeze dried
- Mango, dried
- Mangosteen, freeze dried
- Peach, Clingstone
- Peach, canned
- Pear, dried
- Pear, Packham
- Pineapple, dried
- Prunes

Nuts & Seeds

- Cashews, raw
- Coconut flour
- Coconut milk with inulin
- Pistachios

WATCH OUT

Try to avoid overall

Herbs/Spices & Condiments

- Blueberry jam
- Curryurst powder
- Garlic powder
- Tzatziki dip

Drinks

- Chai tea, strong
- Chamomile, strong
- Fennel tea
- Herbal tea, strong
- Oolong tea
- Rum

Plant-Based FODMAP Food List

DON'T OVEREAT

Eat almost normally but avoid overeating

Non-Starchy Veggies

- Broccolini, 90g
- Garlic shoots, raw, 25g
- Tomatoes, canned, 100g
- Tomato juice, 90g
- Tomato paste, 28g
- Tomato puree, 36g

Grains

- Brown rice pasta, cooked, 150g
- Buckwheat flakes, cooked, 120g
- Chickpea pasta, cooked, 100g
- Cornmeal, cooked, 250g
- Millet, cooked, 215g
- Spelt pasta, cooked, 85g
- Wild rice, cooked, 140g

Pulses & Nuts

- Almond butter, 20g
- Almond meal, 33g
- Edamame beans, 90g
- Miso paste, 12g
- Red kidney beans, canned, 85g
- Tahini, 30g
- Tofu, firm, 170g

DON'T OVEREAT

Eat almost normally but avoid overeating

Fruits

- Banana, common, firm, 100g
- Carob powder, 6g
- Clementine, 86g
- Cranberries, fresh, 50g
- Goji berries, 10g
- Grapefruit, 80g
- Guava, tinned in syrup, 45g
- Jackfruit, yellow, canned, 45g
- Kiwi, 150g
- Mandarin, 90g
- Mangosteen, 50g
- Melon, Cantaloupe, 120g
- Melon, Honeydew, 90g
- Orange, 130g
- Passionfruit, 50g
- Pineapple, 140g
- Pineapple, canned, 90g
- Pomegranate, 45g
- Raisins, 13g
- Rambutan, 50g
- Sultanas, 7g

Pulses & Nuts

- Coconut water, 100g
- Hemp milk, 120g
- Kombucha, 180g
- Oat milk, 140g
- Tomato juice, 90g
- Wine, 149g

CUT DOWN

Eat less than you'd normally eat

Veggies

75 grams:

- Beetroot, pickled
- Corn, kernels, canned
- Eggplant
- Passata
- Potato, sweet
- Pumpkin, canned
- Turnip, rutabaga

60 grams:

- Beetroot, canned
- Corn, creamed, canned

Grains & Pulses

- Cannelini beans, canned, 75g
- Farro, cooked, 60g
- Noodle, Vermicelli, wheat, cooked, 75g
- Wheat, sprouted, 50g

Fruits & Berries

- Avocado, 30g
- Coconut, fresh, 60g
- Nectarine, white, 60g
- Orange juice, 70g
- Persimmon, 60g
- Raspberries, 60g
- Strawberries, 60g

Other

- Aloe drink, 64g

EAT WITH CAUTION

Eat small portions

Veggies

50 grams:

- Artichoke hearts, canned
- Brussels sprouts
- Fennel bulb
- Kimchi
- Peas, green, canned
- Pumpkin, sugar, peeled
- Squash, delicata
- Squash, acorn
- Tomato, roma

40 grams:

- Bell pepper, red
- Broccoli stalks
- Butternut squash
- Cabbage, Savoy
- Corn, sweet
- Mushroom, slippery jack
- Tomato, cherry, raw

25 grams:

- Beetroot, raw
- Sauerkraut

Pulses

50 grams:

- Mung beans, split, cooked
- Chana dal, cooked
- Chicken, false, soy
- Lentils, canned

EAT WITH CAUTION

Eat small portions

Pulses

40 grams:

- Beans, adzuki, boiled and canned
- Black beans, boiled and canned
- Beans, butter, canned
- Beans, Pinto, canned
- Lima beans, boiled
- Chickpeas, canned
- Tofu, silken

Fruits

- Apple, custard, 30g
- Banana, ripe, 35g
- Cranberry juice, 30g
- Mango, 40g

Cheese & Yogurt

40 grams:

- Cheese, coconut oil based
- Cheese, soy
- Soy milk
- Soy yogurt
- Cream cheese, coconut oil based, 30g

Plant-Based FODMAP Food List

EAT MINIMALLY

Eat only minuscule portions

Non-Starchy Veggies

10–12 grams:

- Artichoke, pickled in oil
- Asparagus
- Celery
- Fennel, leaves
- Leek, bulb
- Mushrooms, porcini, dried
- Mushroom, portobello, fresh
- Mushroom, shiitake
- Peas, sugar snap
- Peas, thawed
- Tomatoes, sun-dried

- Mushrooms, black chanterelle, dried, 3g

Grains

- Amaranth, puffed, 10g
- Barley, pearl, 28g
- Corn flakes, 15g
- Spelt flakes, 15g
- Rice, puffed, 15g
- Wheat bran, 5g

Pulses

- Beans, moth, cooked, 25g
- Beans, red kidney, sprouted, 25g

EAT MINIMALLY

Eat only minuscule portions

Pulses

- Lentils, le puy, cooked, 30g
- Lentils, green, boiled, 29g
- Lentils, red, boiled, 23g
- Pinto beans, 23g
- Beans, black, fermented, 15g
- Baked beans, 10g

Fruits

25 grams:

- Apple, granny smith
- Apple, pink lady
- Apricots, canned
- Banana chips, dried
- Cherries, 20g
- Coconut, shredded, 30g
- Dates, Medjool, 20g
- Dates, dried, pitted, 30g
- Grapes, green, seedless, 32g
- Grapes, red, seedless, 28g
- Amla, frozen, 31g
- Lychee, 30g
- Peach, yellow, 30g
- Tamarillo

EAT MINIMALLY

Eat only minuscule portions

Fruits

10–18 grams:

- Apricot, 12g
- Boysenberry, 12g
- Cranberries, dried, 15g
- Guava, unripe, 10g
- Nectarine, 18g
- Peach, white, 18g
- Watermelon, 15g

5 grams:

- Blackberries
- Figs, fresh
- Plum

Nuts & Seeds

15 grams:

- Almonds
- Cashews, activated
- Flax seeds
- Hazelnuts

Other

- Black bean sauce, 20g
- Chutney, mango, 25g
- Fish sauce, vegan, 20g
- Jaggery, 12g
- Mango powder, 2g
- Honey, 7g
- Coconut sugar, 4g
- Molasses, 5g

EXTRA TIPS

When starting a low FODMAP diet, consider the following:

- Test the gut first, find out what's wrong (inflammation, bacteria, yeast). Fix what needs to be fixed.
- If you do need relief, work with low FODMAPs. Find out what's causing the problem for your gut. What foods affect **YOU**!
- Challenge your gut with a particular food.
- Concentrate on swapping foods rather than eliminating them.
- It's a short-term approach. You can't stay on this diet forever.

SOURCES

- Bulsiewicz MD, Will . Fibre Fuelled. Ebury Publishing. Kindle Edition.
- <https://www.monashfodmap.com/>
- <https://www.healthline.com/nutrition/foods-high-in-fodmaps>
- Eric Bakker ND. [Candida Crusher: Permanent Yeast Infection Solution](#)

Animal-Based FODMAP Food List

GO FOR IT

Eat as you'd normally eat

Dairy

- Butter, plain, 19g
- Cheese, Camembert, brie, Cheddar, cream, feta, goat, haloumi, mozzarella, paneer 40g
- Cream, whipped, 60g
- Ghee, 19g
- Kefir, probiotic, lactose-free, 250g
- Milk, cow, lactose-free, 257g
- Yogurt, natural, lactose-free, 170g

Meat, Fish, Eggs

- Bacon, cooked, 60g
- Beef, cooked, 125g
- Chicken, plain, cooked, 125g
- Egg, chicken, whole, 117g
- Fish, all varieties, 115g
- Lamb, cooked, 125g
- Pork, cooked, 125g
- Prawn, cooked, 60g
- Sardines, plain, canned, 75g
- Sausage, French, cured, 50g
- Tuna, plain, 130g
- Turkey, 125g

WATCH OUT

Avoid overall

Dairy

- Buttermilk, 16g
- Milk, cow
- Milk, cow, sweetened, condensed

DON'T OVEREAT

Eat almost normally, but avoid overeating

Dairy

- Cheese, pre-wrapped singles, 16-28g
- Cheese, cottage, ricotta, 40g
- Sour cream, 40g

CUT DOWN

Eat small portions

Dairy

- Cheese, cream, garlic, 20g
- Custard, 25g
- Yogurt, goat, 33g

EAT MINIMALLY

Eat minuscule portions

Dairy

- Kefir, plain, 23g
- Yogurt, Greek, natural, 23g

FODMAP Food List by Categories

FRUCTOSE

Vegetables

- Alfalfa
- Artichoke hearts
- Artichoke, Jerusalem
- Artichoke, pickled
- Asparagus
- Bell pepper, orange/red/yellow
- Broccoli, heads, raw
- Broccoli, stalks
- Brocolini
- Chili, red
- Chili, jalapeno
- Cucumber
- Garlic shoots
- Garlic, black, fermented
- Lettuce, butter
- Lotus root, dried
- Lotus root, frozen
- Onion, spring
- Pea, sugar snap
- Summer squash, yellow raw
- Tomatoes

Fruits

- Amla
- Apples, raw/dried
- Apricot, canned
- Boysenberry
- Cherries, raw
- Grapes
- Guava, ripe
- Jackfruit, freeze dried
- Jackfruit, yellow, canned

FRUCTOSE

Fruits

- Mandarin
- Mango, raw
- Orange
- Peach, canned
- Pear
- Raspberry
- Strawberry
- Sultanas
- Tamarillo

Grains, Pulses, Nuts

- Beans, baked
- Beans, broad
- Coconut flour
- Kamut
- Rye

Other

- Agave
- Balsamic vinegar
- Chutney
- Honey
- Molasses
- Rum
- Wine, dessert

NOTA BENE!

BOLD FOODS

Belong into 2 categories

RED FOODS

Belong into 3 categories

FRUCTANS

Vegetables

- Artichoke, globe
- Artichoke, Jerusalem
- Artichoke, pickled
- Asparagus
- Beetroot, canned
- Beetroot, raw
- Bell pepper, green
- Brussels sprouts
- Cabbage, Chinese
- Cabbage red, raw
- Cabbage, savoy
- Chile, green
- Corn, creamed, canned
- Corn kernels, canned
- Corn, porridge
- Edamame
- Fennel, bulb
- Garlic shoots
- Garlic, black, fermented
- Garlic, raw, powder
- Jicama
- Leek bulb
- Lotus root, dried
- Mushroom, button, raw
- Okra, raw
- Onion, red
- Onion, yellow, shallot
- Onion, white
- Pea, snow
- Peas, green, frozen
- Pumpkin, delicata, peeled, raw
- Pumpkin, acorn
- Pumpkin, pureed, canned

FRUCTANS

Vegetables

- Pumpkin, sugar, raw
- Sauerkraut, red cabbage
- Spinach, baby, raw
- Summer, squash, green
- Yum

Fruits

- Apricot, dried
- Banana chips
- Banana
- Cantaloupe
- Cranberries, dried, raw
- Dates
- Figs
- Goji berries
- Grapefruit
- Guava, firm
- Jackfruit, freeze dried
- Lemon juice
- Mango, dried
- Mangosteen, raw
- Melon, honeydew
- Nectarine
- Peach, white
- Persimmon
- Pineapple
- Plums
- Pomegranate
- Prunes
- Raisins
- Rambutan
- Sultanas

FRUCTANS

Pulses & Nuts

- Cashews, raw
- Chestnut flour
- Chickpea flour
- Coconut flour
- Beans, baked
- Beans, adzuki, navy, black
- Beans, cannellini, mung, pinto
- Beans, red kidney
- Beans, soy
- Peas, black eyed
- Peas, split
- Pistachios
- Miso
- Tofu, firm
- Tofu, silken

Grains

- Amaranth
- Barley
- Bran, wheat
- Brown rice pasta
- Farro
- Kamut
- Lupin flour
- Millet flour
- Naan
- Oatmeal, fine
- Oats, quick
- Quinoa flakes
- Rye
- Spelt flakes
- Spelt flour
- Wheat

FODMAP Food List by Categories

FRUCTANS

Other

- Agave
- **Aloe drink**
- Carob
- Chai, strong
- Chamomile
- Chicory root
- Coconut syrup
- Coconut water
- Cranberry juice
- Dandelion tea
- **Fennel tea**
- Kombucha
- **Molasses**
- Oolong
- **Sorghum syrup**

NOTA BENE!

BOLD FOODS

Belong into 2 categories

RED FOODS

Belong into 3 categories

P.S. Lactose is only found in dairy products.

GOS

Vegetables & Fruit

- Apple, custard
- **Beetroot, raw**
- Cassava, yuca
- **Corn, porridge**
- **Lotus root, frozen**
- **Onion, white**
- **Pea, snow**
- Peas, green, canned
- **Peas, green, frozen**
- **Pumpkin, delicata, peeled, raw**
- **Pumpkin, butternut, raw**
- **Pumpkin, pureed, canned**
- **Pumpkin, sugar, raw**
- Tomatillo

Grains

- Amaranth
- Barley
- Kamut
- Naan
- **Lupin flour**
- Oat flakes
- **Oatmeal, fine**
- **Oats, quick**
- Rye
- **Spelt flour**
- **Wheat**

GOS

Pulses

- **Beans, baked**
- **Beans, adzuki**
- **Beans, navy**
- **Beans, black**
- Beans, borlotti
- Beans, butter
- **Beans, cannellini**
- **Beans, mung**
- **Beans, pinto**
- **Beans, red kidney**
- **Beans, soy**
- Ghana dal
- **Chickpea flour**
- Chickpea pasta
- Chickpeas, canned
- Lentils
- **Peas, black eyed**
- **Peas, split**
- **Soy flour**
- **Tofu, silken**

Nuts & Seeds

- Almond meal
- Almonds
- Cashews, activated
- **Cashews, raw**
- Flax seeds
- Hazelnuts
- Tahini

Other

- **Aloe drink**
- Caraway seeds
- **Fennel tea**

POLYOLS

Vegetables

- Eggplant
- Green beans
- Bok choy, raw
- Cabbage, white
- Cauliflower, raw
- Celeriac
- Celery, stalk
- Chicory leaves
- Corn kernels, fresh
- Dulse
- **Fennel, bulb**
- Fennel, leaves
- Kimchi
- Kombu
- Mushroom, black chanterelle
- Mushroom, enoki
- Mushrooms, porcini
- Mushrooms, portobello
- Mushrooms, shiitake
- **Mushroom, button, raw**
- **Pea, snow**
- Potato, sweet
- **Pumpkin, butternut, raw**
- Sauerkraut, white cabbage
- Turnip
- Wakame

POLYOLS

Fruits

- **Apple, granny smith, raw**
- **Apple, dried**
- **Apple, pink**
- **Apricot, canned**
- **Apricot, dried**
- Apricot, raw
- Avocado
- Blackberry
- **Cherries, raw**
- Coconut, raw, dried
- **Dates**
- Lychee
- **Nectarine**
- **Peach, canned**
- **Peach, white**
- Peach, yellow
- **Pear**
- **Plums**
- **Prunes**

Other

- **Aloe drink**
- Coconut aminos
- **Coconut flour**
- **Coconut water**
- Wasabi