

LOW FODMAP

Spring Seasonal Produce

FRUIT

Banana (firm)	Lemon	Orange	Rhubarb
Blueberries	Lime	Papaya	Strawberries
Cumquat	Mandarin	Pineapple	Starfruit
Honeydew			

VEG

Asian Greens	Green Beans	Radish	Sweet potato
Broccoli	Lettuce	Silverbeet	Tomato
Cabbage	Okra	Spinach	Turnip
Carrot	Parsnip	Squash	Watercress
Daikon	Potato	Swede	Witlof
Eggplant	Pumpkin		Zucchini

HERBS

Basil	Coriander	Lemongrass	Rosemary
Chervil	Dill	Mint	Sage
Chilli	Ginger	Oregano	Tarragon
Chives	Kaffir Lime	Parsley	Thyme