

LOW FODMAP

Summer

Seasonal Produce

FRUIT

Blueberries	Grapes	Passionfruit	Rhubarb
Cantaloupe	Lemon	Pineapple	Strawberries
Honeydew	Lime	Raspberries	

VEG

Cabbage	Eggplant	Potato	Tomato
Capsicum	Green Beans	Radish	Watercress
Cucumber	Lettuce	Silverbeet	Zucchini
Daikon	Okra	Squash	

HERBS

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