

LOW FODMAP

Winter Seasonal Produce

VEGETABLES

Asian greens

Broccoli

Broccolini
(stalks)

Cabbage

Capsicum

Carrot

Celeriac

Cucumber

Eggplant

Kale

Okra

Lettuce

Parsnip

Potato

Pumpkin (Jap)

Radish

Silverbeet

Spinach

Swede

Sweet potato

Turnip

FRUIT

Cumquats

Kiwi fruit

Lemon

Lime

Mandarin

Orange (navel)

Rhubarb

HERBS

Ginger

Coriander

Dill

Mint

Oregano

Parsley

Rosemary