



## Low Reactive Food List (Moderate RPAH)

Foods that have the letter (F) after it, indicates they are to be limited/avoided if you react to FODMAPs. FODMAPs is a different style of eating, and if you know you react to either the foods listed, or those indicated let your practitioner know. Night shade sensitivities is to the naturally found alkaloid chemicals in the produce, these irritate the gut lining, triggering the immune system. These are indicated by (N)

### Fruits & Vegetables ½ cup is a serve

Pears fresh or canned in juice and drained; unripe (F)	Celery (F)	Swedes (F low)
Apples – peeled, ripe golden delicious and red delicious (F)	Chives,	Sweet potato (F low)
Loquat	Choko	Turnip
Nashi pears	Cucumber	Zucchini, peeled (F low)
Banana, just ripe	Garlic (F)	<b><u>Meats: 130g is a serve</u></b>
Asparagus (F)	Green pea (F)	Fresh, not aged, or stored beef
Bamboo shoots	Kumara	Chicken
Beans – butter, french, string or snake	Leek (F)	Duck
Bean shoots	Lettuce Ice burg, cos, red, green coral, red & green oak, Mignonette (F low)	Lamb
Beetroot (F)	Marrow	Rabbit
Brussel sprouts	Mung bean sprouts	Veal
Bok Choy	Parsnip	Fresh Seafood
Cabbages – red, green, savoy, wombok	Potato blue, new, pink, purple, red, yellow, white; if you tolerate nightshades (F low) (N)	White fish – Bream, Flathead, Ling, Perch, Whiting
Carrots (F low)	Pumpkin	Crab
	Shallot (F)	Lobster
		Calamari





Sea Scallops  
 Natural oysters  
 Mussels  
 Fresh salmon, not smoked, or aged or frozen  
 Fresh tuna  
 Sashimi  
 Eggs for most people

Legumes – tinned, without sauce or flavor;  
 caution or avoid if you have IBS; FODMaP

½ cup is a serve

Bean mixes without sauces (F)

Black eye peas (F)

Borlotti beans (F)

Butler beans (F)

Canellini beans (F)

Chick peas (F)

Haricot beans (F)

Lentils brown, red, yellow (F)

Lima beans (F)

Mungbeans (F)

Red kidney beans (F)

Soup mix (F)

Split peas (F)

White beans

Nuts & Seeds 1/3 cup is a serve

Cashews natural and roasted, paste (F)

Poppy Seeds

Fresh coconut

Baking Aids, Herbs, Spices & Condiments

Agar Agar

Baker's yeast

Bicarbonate of Soda

Carob powder

Citric acid

Corn starch/flour Pure if you tolerate corn

Cream of tartar

Garlic (F)

Gelatine, leaf or powder

Gums – guar, xanthan

Malt Vinegar

Natural vanilla Essence

Tartaric acid

Vanilla pods

Garnishes

Chives

Parsley (sprinkle)

Saffron threads

Shallots – spring onion

Salt

Fats & Oils 1 Tps (5 ml) is a serve

Ghee

Margarine without anti-oxidants or sorbate,  
 canola oil, soy oil,

Oils without anti-oxidants – Rice, Safflower,  
 Sunflower

Salad dressings using listed ingredients





Oils Lite Olive

Jams, Sugars, Syrups, Sweets (Limit)

White, brown, Castor, Icing Pure Sugar

Pear jam and chutney

Caramel syrup – home made

Golden syrup

Liquid glucose

Maple syrup – pure

Rice syrup

Carob powder

Treats from listed ingredients

Honeycomb

Marshmallows

Meringues

Toffee

Drinks, Milk Alternatives – cow & soy milks to be avoided

Water, filtered, soda, spring, mineral

Decaffeinated coffee – dandelion (F)

Friendly tea – hot water with maple syrup or golden syrup

Lemon drink – sugar, water citric acid

Tonic water, no preservatives

Coffee and tea substitutes

Gin, Vodka, Whisky

Gin & tonic

Gluten free product ingredients

White & brown rice – arorio, short, medium, long grain, calrose, white glutinous, basmati, jasmine, wild. Be careful if you have diabetes; choose only Australian brands

Rice bran – be sure to have lots of water with

Rice crumbs – to replace breadcrumbs

Rice flour

Ground rice

Amaranth flour, flakes, puffed, grain

Arrowroot flour

Besan (chickpea) flour

Buckwheat flour, cereal, puffed

Millet flour, meal, flakes, puffed

Potato flour – if you tolerate nightshades

Psyllium husks

Quina flour, flakes, puffed, grain; some react so test

Sago,

Sorghum flour

Tapioca.

Breads, Pastries, Noodles/pasta ½ cup is a serve

These need to be careful as the starch can react with gut microbes if not monitored. It is recommended to limit or avoid breads and high starch content products. Avoid high sugar loaded products such as sweet muffins, picklets, pancakes etc and would prompt you to add high sugar toppings

Choose gluten free before wheat/gluten containing products and test your reaction

Breads, crumpets, muffins, pancakes, pappadums, picklets, pizza bases





Rice paper  
Scones,  
Sourdough breads  
Buckwheat, chickpea, legume, rice noodles  
Rice pasta

Crackers, Biscuits, Cakes, Snacks: Caution if you have IBS, or starch reactive bloating and gastric symptoms

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Rice cakes & crackers – plain, unflavoured, (F)

Gluten free crackers (F)

Biscuits, cakes, muesli bars, pastries, shortbreads using flours and ingredients listed

Amaranth, buckwheat, mung bean chips

Pappadums

Potato crisps without anti-oxidants

Pretzels if you tolerate

Personal care products

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For clients, there are several possible triggers that need to be considered. Not everyone

needs to change their choices, but the following guidelines are encouraged for all.

### **AVOID**

Added perfumes, fragrances, botanical ingredients – aromatherapy oils, natural oils

Dettol and other strong disinfectants

Strong cleaning agents in the house

Using body washes or soaps on the body unless actually dirty. The skin needs its natural oils and biome to protect it.

Spray deodorants

Washing powders etc.

### **Choose**

Unscented brands

### **Possible choices:**

Dove fragrance free

Ego QV bar

Cermaveen

Just soap

Cetaphil

Look for at Tahi & Rose

