

Low FODMAP fruits:

- **Banana** (1 medium) *best are green and light yellow, avoid when appear dark spots*
- **Blueberries** (up to 1 cup)
- **Raspberries** (1/3 cup)
- **Strawberries** (5 medium)
- **Kiwi** (2 medium)
- **Papaya** (1 cup)
- **Pineapple** (1 cup)
- **Passionfruit** (2 medium)
- **Orange** (1 medium)
- **Mandarin** (1 medium)
- **Cantaloupe melon** (3/4 cup)
- **Dragon fruit** (1 medium)
- **Durian** (1 cup)
- **Lemon** (1/2 cup)
- **Lime** (1 cup)

