

What Nuts are Low FODMAP?



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Nuts are an excellent source of healthy fats, antioxidants, vitamins, and fibre ([Bezzant, 2014](#); [The Family Health Guide, 2005](#)). There are plenty of nuts to choose from on the low FODMAP diet and they make a great energy-boosting snack!

If you struggle with low FODMAP nuts, and it's not due to an allergy, then it might be because nuts contain high levels of insoluble fibre, which can make IBS symptoms worse ([Bijkerk et al., 2009](#); [Ford et al., 2014](#); [Francis & Whorwell, 1994](#)).

This article will explain which nuts are safe for the low FODMAP diet and which nuts are not. Just before you go nuts about nuts just remember that as always serving sizes are important!

FODMAP Content of Nuts		
Low FODMAP	Moderate FODMAP	High FODMAP
Brazil nuts	Almonds (10 or less low FODMAP)	Almonds (more than 10)
Chestnuts	Hazelnuts (10 or less low FODMAP)	Cashews
Macadamia nuts		Pistachios
Peanuts		
Pecans		
Pinenuts		
Walnuts		

(Table compiled from [Monash University App, 2014](#))

Low FODMAP Nut Options

Brazil nuts are known for their high levels of selenium and just two to three nuts per day can provide you with 100% of your daily selenium needs ([Bezzant, 2014](#); [The Family Health Guide, 2005](#)). The safe serving size for brazil nuts is 10 nuts ([Monash University, 2014](#)).

Chestnuts are high in vitamin C, as well as minerals, such as potassium, copper and magnesium, amino acids and antioxidants ([Roziman, 2015](#)). Fire roasted chestnuts make the perfect autumn treat. Safe low FODMAP serving size is 20 chestnuts ([Yao, 2015](#)). However, serving sizes with 25 or more chestnuts contain moderate levels of oligosaccharides (GOS) and should be limited ([Yao, 2015](#)).

Macadamia nuts contain higher levels of monosaturated fats, like those found in olive oil, compared with other tree nuts ([Fillon, 2000](#); [Messer, 2010](#)). This means they may be able to help reduce cholesterol when combined with a healthy diet ([Fillon, 2000](#); [Messer, 2010](#)). These nuts are also higher in fat and calories than other nuts so watch your portion control ([Fillon, 2000](#); [Rogers, 2013](#)). The safe low FODMAP serving size for macadamia nuts is 20 nuts ([Monash University App, 2014](#)).

Peanuts are not tree nuts but belong to the legume family ([Pendick, 2015](#)). Nutritionally they are very similar to other tree nuts ([Pendick, 2015](#)). Peanuts are high in folate and a good option for people on a budget, as they cost less than tree nuts and can offer the same heart protection benefits ([The Family Health Guide, 2005](#); [Pendick, 2015](#)). The safe low FODMAP serving size for peanuts is 32 nuts ([Monash University App, 2014](#)).

Pecans are a good source of thiamine, magnesium, and phosphorous, making them a rich source of vitamins and minerals ([Robinson, 2014](#)). The safe low FODMAP serving size is 10 pecan halves ([Monash University App, 2014](#)).

Pine nuts contain both vitamins E & K ([Tremblay, 2013](#)). Vitamin E helps your body produce red blood cells, and vitamin K helps your body to form blood clots and stop bleeding after an injury ([Tremblay, 2013](#)). The safe serving size is one tablespoon ([Monash University App, 2014](#)). Large serving sizes of eight tablespoons should be avoided as they contain high amounts of fructans ([Monash University App, 2014](#)).

Walnuts are a rich source of plant-based omega-3s, which can help protect your body against heart disease and strokes ([Bezzant, 2014](#); [The Family Health Guide, 2005](#)). Safe serving size is 10 walnut halves ([Monash University App, 2014](#)).

Nuts Safe in Small Serves Only

Hazelnuts and almonds are only low FODMAP in small servings sizes of 10 nuts or less ([Monash University App, 2014](#)).

Avoid These High FODMAP Nuts

Unfortunately, both cashews and pistachio nuts are high FODMAP even in small serving sizes ([Monash University App, 2014](#)).

Final Thoughts

Low FODMAP nuts are a great source of vitamins, minerals, healthy fats, and fibre. This means they make great low FODMAP snacks and can help you achieve a balanced diet. Unless you are like me and have a nut allergy, or have issues with insoluble fibre, try to eat a small handful of safe nuts every day.

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