




SPOON UNIVERSITY

LIFESTYLE

10 Snacks You Can Have on the Low FODMAP Diet


10 great tasting, low FODMAP snacks that everyone can enjoy.

2. GoMacro Bars






gomacro
Viola, Wisconsin

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5 MONTHS AGO 

Bars are portable and easy to find, which makes them one of the most convenient snacks. GoMacro bars are one of the few bars that you can have on the low FODMAP diet. Only certain varieties are FODMAP friendly, so make sure you read the label before eating.