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Vegetables Low FODMAP Medium FODMAP High FODMAP Vegetable Serving Size Vegetable Serving Size Vegetable Serving Size Alfalfa ¼ Cup Or 17g Artichoke Hearts(canned) ¼ Cup Hearts Or 56g Artichoke (Globe & Jerusalem) ½ Small Globe Or

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Pumpkin Almonds (10 Nuts) Hazelnuts (10 Nuts) Oatbran, Rice Bran Jan 4th, 2024

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