

Kelkin Foods Suitable for Low FODMAP Diet April 2015



✓

= Product is FODMAP Free

Date: 11.03.2015

(valid at time of publication)

	FODMAP Free	Portion Recommendation
Kelkin Gluten Free		
Kelkin Porridge (Rice and Millet)	✓	
Kelkin Cornflakes	✓	
Kelkin Organic Buckwheat Flakes	✓	
Kelkin Organic Pure Oat Porridge	✓	
Kelkin White Bread Sliced	✓	
Kelkin Multiseed Sliced Bread	✓	
Kelkin Madeira Cake	✓	
Kelkin Choc Chip Cookies	✓	
Kelkin Fingers	✓	Be sensible if you're sensitive to lactose, limit it to one bar!
Kelkin Wafers	✓	
Kelkin Spaghetti	✓	
Kelkin Penne	✓	
Kelkin Lasagne	✓	
Kelkin Lemon Cake	✓	
Rice and Corn Cakes		
Kelkin Unsalted Thin Slice Rice Cakes (130g)	✓	
Kelkin Thin Slice Rice Cake Lightly Salted	✓	
Kelkin Unsalted Rice Cakes (200g)	✓	
Kelkin Rice Cakes Lightly Sea Salted (130g)	✓	
Rice and Corn Cakes		
Kelkin Organic Corn Cakes Lightly Sea Salted	✓	
Kelkin Organic Corn Cakes with Rice Syrup	✓	
Kelkin Corn Cakes (110g)	✓	
Kelkin Multigrain Corn Cakes	✓	
Kelkin Organic Oatcakes (250g)	✓	
Kelkin Milk Chocolate Caramel RC Thins	✓	Be sensible if you're sensitive to lactose, limit the amount!
Kelkin Milk Chocolate Covered Rice Cake	✓	
Kelkin Dark Chocolate Covered Rice Cake	✓	
Kelkin Dark Chocolate Orange Rice Cakes	✓	
Kelkin Dark Chocolate & Mint Rice Cake	✓	
Kelkin Mini Milk Chocolate Rice Cakes	✓	Be sensible if you're sensitive to lactose, limit the amount!
Kelkin Twin Pack Chocolate Rice Cakes	✓	
Kelkin Chocolate Rice Cake Single (16.7g)	✓	
Kelkin Rice Cake Hazelnut & Chocolate	✓	
Kelkin Rice Cake Snack Hazelnut & Chocolate	✓	
Kelkin Yogurt Rice Cakes (100g)	✓	
Kelkin Triple Berry Yogurt Rice Cakes (100g)	✓	
Kelkin Salt & Vinegar Rice and Corn Cakes	✓	
Kelkin Caramel Rice and Corn Cakes	✓	

Kelkin Foods Suitable for Low FODMAP Diet April 2015



✓ = Product is FODMAP Free

Date: 11.03.15

(valid at time of publication)

	FODMAP Free	Portion Recommendation
Microwave Popcorn		
Kelkin Micro Popcorn	✓	
Kelkin Micro Butter Popcorn	✓	
Kelkin Micro Popcorn 50% Less Fat Butter	✓	
Kelkin Micro Popcorn 50% Less Fat	✓	
Kelkin 100 Calorie Snack Pack Popcorn	✓	
Microwavable Natural Popcorn (Clip Strip)	✓	
Natural Microwavable Popcorn	✓	
Microwavable Popcorn Natural (6pack)	✓	
Kelkin Popcorn Kernels	✓	
Juices		
Kelkin Orange Juice 1Ltr	✓	Limit your glass to 100ml
Kelkin Cranberry Juice 1Ltr	✓	
Kelkin Organic Carrot Juice	✓	
Kids		
Kelkin Kids Raisins	✓	Limit to one mini box (14g)
Peanut Butter		
Kelkin Crunchy Peanut Butter	✓	
Kelkin Smooth Peanut Butter	✓	
Oils/Vinegars		
Kelkin Organic Balsamic Vinegar	✓	Limit to one tbsp
Kelkin White Wine Vinegar	✓	
Seeds		
Kelkin Sunflower Seeds	✓	
Kelkin Sesame Seeds	✓	
Kelkin Molasses	✓	
Kelkin Lecithin Granules	✓	
Kelkin Chia Seeds	✓	

Please Note:

This list is valid at time of publication and will remain valid for six months. However, recipes may change so always check the ingredients list and/or contact us on 01 4600 400 or at info@kelkin.ie for an up-to-date list, information on new products or variants of existing products.

Last Updated: 11.03.2015