

- HOW TO MAKE A - LOW FODMAP MEAL

(CHOOSE AN ITEM FROM EACH GROUP TO ENSURE A WELL - BALANCED PLATE)

GRAINS

OATS - OAT BRAN - POLENTA - QUINOA - BROWN RICE - WHITE RICE - RICE BRAN
GLUTEN FREE PASTA : RICE, QUINOA, OR CORN

PROTEIN

BEEF - CHICKEN - FISH - EGG - PORK - TOFU

VEGETABLES

ALFALFA SPROUTS - ARUGULA - BAMBOO SHOOTS - BEAN SPROUTS - BOK CHOY
BELL PEPPERS - CARROTS - COMMON CABBAGE - CELERIAC - CHIVES - CUCUMBER - EGGPLANT
ENDIVE - GINGER - GREEN BEANS - KALE - LETTUCE - OLIVES - PARSNIP - WHITE POTATO
RADISH - RUTABAGA - SPINACH - SUMMER SQUASH - SWISS CHARD - TURNIPS - TOMATO
WATER CHESTNUTS - ZUCCHINI

FRUIT

(BE SURE TO LIMIT TO ONE SERVING)

BANANA - BLUEBERRIES - CANTALOUPE - CLEMENTINE - COCONUT - DRAGONFRUIT - GRAPES
HONEYDEW MELON - KIWIFRUIT - LEMON - LIME - ORANGE - PAPAYA - PASSION FRUIT
PINEAPPLE - RASPBERRIES - RHUBARB - STARFRUIT - STRAWBERRIES - TANGELO

DAIRY

CHEDDAR CHEESE - SWISS CHEESE - PARMESAN CHEESE - BRIE - FETA CHEESE
CAMEMBERT - MOZZARELLA

HEALTHY FATS

(ADD A SMATTERING : A DRIZZLE OR HANDFUL, DON'T GO OVERBOARD!)

OLIVE OIL - CHIA SEEDS - MACADAMIA NUTS - PEANUTS - PECANS - PINE NUTS - PUMPKIN
SEEDS - SESAME SEEDS - WALNUTS

BEVERAGE

WATER - SPARKLING WATER

TEA : (GREEN - WHITE - BLACK - PEPPERMINT)

COFFEE (LIMIT TO 1 - 2 CUPS / TOLERANCE) - LACTOSE FREE MILK