



# YOUR HAPPY GUT GUIDE

*The Low-FODMAP Diet*



*This document should not be relied upon for medical or dietary advice.  
You should consult your healthcare provider for medical or dietary advice*

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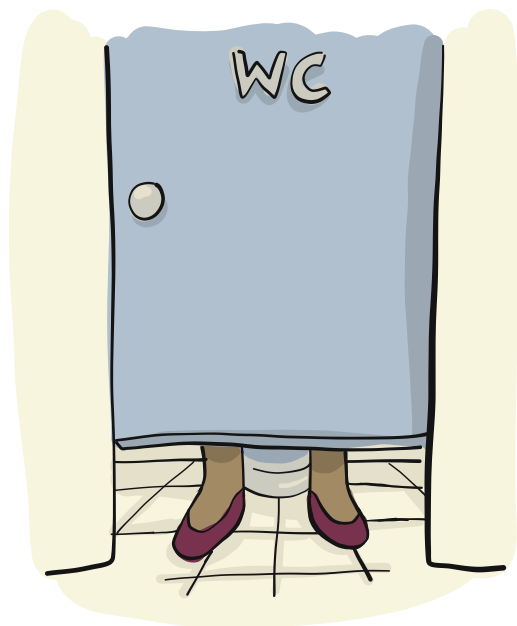
Tips and tricks to help you succeed on your journey.



# INTRO- DUCTION

Welcome to your  
low-FODMAP guide.

This document should not be relied upon for medical or dietary advice.  
You should consult your healthcare provider for medical or dietary advice



## Belly pain. Gas. Bloating. Constipation. Diarrhea.

Have you missed work because of these symptoms? Do you scope out the bathroom situation when you arrive somewhere new? Or feel embarrassed and self-conscious every time you visit the bathroom at work? Do you avoid meals with friends or traveling because you feel safer close to home, in your own bathroom?

**Let's talk about what's causing these uncomfortable situations and the most effective way to treat them.** Your symptoms might be the result of certain carbohydrates known as FODMAPs. But, guess what? With a change to your diet and some help along the way, you can feel much better in no time.

A FOD what? Not to worry, we break it down and explain exactly what FODMAPs are a little further along in this guide.

Research shows that a low-FODMAP diet is the most effective treatment for Irritable Bowel Syndrome (IBS) and IBS-like symptoms. It is more effective than drugs or any other dietary plan.

If your doctor, dietitian or other healthcare professional has recommended a low-FODMAP diet then you've come to the right place. The purpose of this guide is to help you navigate through a low-FODMAP diet and, more importantly, to give you back control of your life and your body.

So let's jump right in!



If you haven't officially been diagnosed and experience some or all of these symptoms on a regular basis, talk to your healthcare provider. They can help determine if a low-FODMAP diet is right for you.



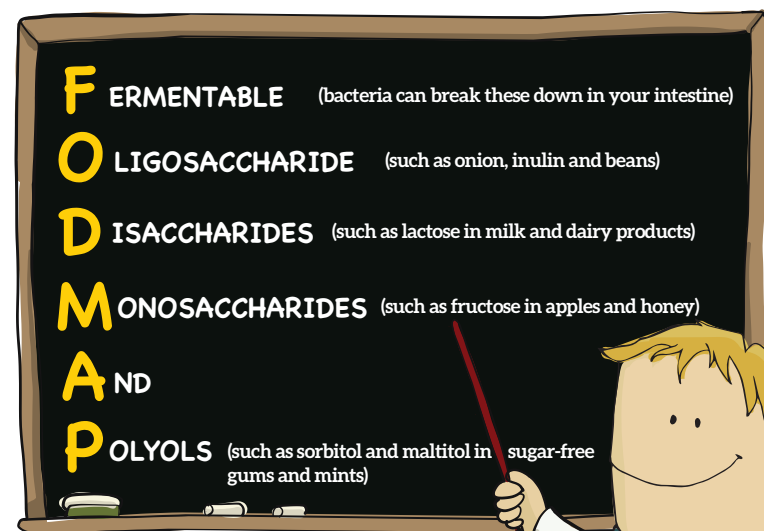
# FOD- MAPS 101

Get up to speed and learn what FODMAPs are.

Download this free guide at [rachelpaulsfood.com](http://rachelpaulsfood.com)

## FODMAPs 101

Before we go any further we should understand exactly what FODMAPs are and go over some of the basics. Let's start with the word itself and what it stands for.



That's quite the mouthful, so let's explain what all those words mean.



FODMAPs are carbohydrates that can be harder to digest. They stay in our bodies for longer than usual and pull either too much or too little water into the gut. FODMAPs are also fermented by gut bacteria. For people with digestive problems like IBS, this can cause uncomfortable symptoms like belly aches, gas, bloating, constipation and diarrhea.

This is where the low-FODMAP diet comes in. By eliminating all high-FODMAP foods from your diet you are also eliminating the foods that trigger your unpleasant symptoms. As a result, a low-FODMAP diet can make you feel much healthier and happier.

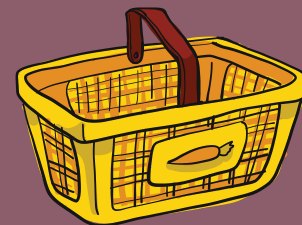
Up to 75% of those who suffer from IBS-like symptoms appear to benefit from a low-FODMAP diet. What are you waiting for?

### INSIDER'S TIP

Gluten is not a FODMAP, it's a protein. So be careful, gluten free doesn't necessarily equal low FODMAP. On that note, healthy doesn't always equal low FODMAP either. Things like apples, asparagus, and agave are good for your health but not for your gut if you suffer from IBS or IBS-like symptoms.



# THE LOW-FODMAP DIET



Understand what it means to follow a low-FODMAP diet.

# The Low-FODMAP Diet

Before we jump into the diet, let's address the level of difficulty of the journey you are about to embark on. Although a low-FODMAP diet may seem challenging, it can be a life changer. It begins with a little *education* followed by a lot of *dedication*. You'll need commitment and discipline but as your symptoms start to improve, you'll reap the benefits and feel both healthier and happier.

Okay, now that you're on board, you are an official **FODMAPPER**. Welcome! Let's get to the actual diet. It is divided into two separate parts: the Elimination Phase, and then the Reintroduction Phase.



## INSIDER'S TIP

Don't be afraid to lean on others. It helps to tell your friends and family what you're doing. Having their support and encouragement can reduce your stress levels and make this journey a little easier.

## Elimination Phase

This is exactly what it sounds like. It's where you eliminate all high-FODMAP foods from your diet. Before you start, it's important to be ready for this journey both physically and mentally. Your time spent in the Elimination Phase should be determined in consultation with your healthcare professional. It typically lasts from 2-6 weeks.

Stock your fridge and cupboards with the right foods and start planning your meals in advance, there are tons of great food options. You can still enjoy your food and be creative in the kitchen. The tastier your food is, the less likely you'll slip up. You may also want to try our delicious certified low-FODMAP Happy Soup and Happy Spices.

## INSIDER'S TIP

There are no cheat days on this diet! Seriously. The better you stick to it, the more effective and accurate the results. Your dedication will pay off.



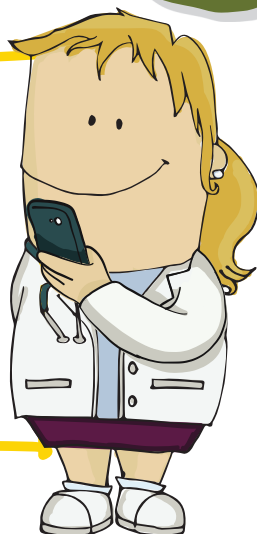
It is pretty much impossible to follow a "no-FODMAP" diet. Most foods (other than plain meat, fish or oils) will have a degree of FODMAPs in them. Focus on "low FODMAP" instead of "no FODMAP".

As for being mentally ready, don't bite off more than you can chew. Try not to start the diet just before a big holiday, birthday, or a vacation. Set yourself up for success, that way once you start you can commit yourself entirely.

Great news!  
Many people start to feel much better as early as two days into the Elimination Phase. For others it can take a few weeks.

### INSIDER'S TIP

There are apps (consider downloading the Monash University app or the FODMAP Friendly app) to help you determine the size of a low-FODMAP serving of different foods.



Here is a list of high and low-FODMAP foods to guide you during the Elimination Phase. Keep it handy when cooking or use it as a reference sheet on your trips to the grocery store.

## Low-FODMAP Foods (single serving)

Monash app will provide you with single serving details!

Note: For packaged and prepared foods, check ingredient list to confirm low FODMAP.

### FRUITS

- |   |                                   |                                    |                                    |
|---|-----------------------------------|------------------------------------|------------------------------------|
| <input type="radio"/> acai powder       | <input type="radio"/> cumquats    | <input type="radio"/> lime juice   | <input type="radio"/> prickly pear |
| <input type="radio"/> bananas           | <input type="radio"/> dragonfruit | <input type="radio"/> mangosteen   | <input type="radio"/> raspberries  |
| <input type="radio"/> blueberries       | <input type="radio"/> durian      | <input type="radio"/> oranges      | <input type="radio"/> rhubarb      |
| <input type="radio"/> cantaloupe        | <input type="radio"/> grapes      | <input type="radio"/> papaya       | <input type="radio"/> starfruit    |
| <input type="radio"/> carambola         | <input type="radio"/> honeydew    | <input type="radio"/> passionfruit | <input type="radio"/> strawberries |
| <input type="radio"/> coconut           | <input type="radio"/> kiwi        | <input type="radio"/> pineapple    |                                    |
| <input type="radio"/> dried cranberries | <input type="radio"/> lemon juice | <input type="radio"/> plantains    |                                    |

### VEGETABLES

- |  |  |  |
|--|--|--|
| <input type="radio"/> alfalfa                  | <input type="radio"/> choc ho                              | <input type="radio"/> parsnip          |
| <input type="radio"/> artichoke                | <input type="radio"/> choy sum                             | <input type="radio"/> potatoes         |
| <input type="radio"/> arugula                  | <input type="radio"/> collard greens                       | <input type="radio"/> pumpkin          |
| <input type="radio"/> aubergine                | <input type="radio"/> corn                                 | <input type="radio"/> radish           |
| <input type="radio"/> bamboo shoots            | <input type="radio"/> cucumbers                            | <input type="radio"/> rutabaga         |
| <input type="radio"/> bean sprouts             | <input type="radio"/> edamame                              | <input type="radio"/> seaweed          |
| <input type="radio"/> beans (green)            | <input type="radio"/> eggplant                             | <input type="radio"/> spaghetti squash |
| <input type="radio"/> beetroot                 | <input type="radio"/> endive                               | <input type="radio"/> spinach          |
| <input type="radio"/> bell pepper (green, red) | <input type="radio"/> fennel                               | <input type="radio"/> squash           |
| <input type="radio"/> bok choy                 | <input type="radio"/> gai lan                              | <input type="radio"/> swiss chard      |
| <input type="radio"/> broccoli (heads)         | <input type="radio"/> gherkins                             | <input type="radio"/> sweet potatoes   |
| <input type="radio"/> brussels sprouts         | <input type="radio"/> ginger                               | <input type="radio"/> taro             |
| <input type="radio"/> cabbage                  | <input type="radio"/> jicama                               | <input type="radio"/> tomatoes         |
| <input type="radio"/> capsicum                 | <input type="radio"/> kale                                 | <input type="radio"/> turnip           |
| <input type="radio"/> carrots                  | <input type="radio"/> leek (leaves)                        | <input type="radio"/> water chesnuts   |
| <input type="radio"/> cassava                  | <input type="radio"/> lettuce (butter, iceberg, radicchio) | <input type="radio"/> yam              |
| <input type="radio"/> celeriac                 | <input type="radio"/> okra                                 | <input type="radio"/> zucchini         |
| <input type="radio"/> chili (green, red)       | <input type="radio"/> olives (green, black)                |  |
| <input type="radio"/> chives                   |  |  |

\*source: Monash University Food App, July 2019

List continues on next page

## PROTEIN

- ☐ beef
- ☐ chicken
- ☐ eggs
- ☐ egg substitute
- ☐ fish
- ☐ pork
- ☐ shellfish

## Low-FODMAP Foods Continued

List continues on next page

## FATS

- ☐ butter
- ☐ oil
- ☐ infused oils
- ☐ margarine
- ☐ shortening



## DAIRY

- |  |  |
|--|--|
| <input type="checkbox"/> almond milk       | <input type="checkbox"/> coconut milk (canned) |
| <input type="checkbox"/> camembert cheese  | <input type="checkbox"/> coconut yogurt        |
| <input type="checkbox"/> cheddar cheese    | <input type="checkbox"/> hemp milk             |
| <input type="checkbox"/> colby cheese      | <input type="checkbox"/> lactose-free milk     |
| <input type="checkbox"/> cottage cheese    | <input type="checkbox"/> lactose-free yogurt   |
| <input type="checkbox"/> feta cheese       | <input type="checkbox"/> quark                 |
| <input type="checkbox"/> goat cheese       | <input type="checkbox"/> quinoa milk           |
| <input type="checkbox"/> havarti cheese    | <input type="checkbox"/> rice milk             |
| <input type="checkbox"/> mozzarella cheese | <input type="checkbox"/> sour cream            |
| <input type="checkbox"/> ricotta cheese    | <input type="checkbox"/> whipped cream         |

## SWEETENERS

- |   |   |
|---|---|
| <input type="checkbox"/> aspartame        | <input type="checkbox"/> coconut sugar        |
| <input type="checkbox"/> brown rice syrup | <input type="checkbox"/> confectioner's sugar |
| <input type="checkbox"/> corn syrup       | <input type="checkbox"/> raw sugar            |
| <input type="checkbox"/> glucose          | <input type="checkbox"/> white sugar          |
| <input type="checkbox"/> maple syrup      |   |
| <input type="checkbox"/> saccharine       |   |
| <input type="checkbox"/> sorghum syrup    |   |
| <input type="checkbox"/> stevia           |   |
| <input type="checkbox"/> sucralose        |   |
| <input type="checkbox"/> brown sugar      |   |

## GRAINS

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> arrowroot flour             | <input type="checkbox"/> oatmeal                   | <input type="checkbox"/> rice noodles              |
| <input type="checkbox"/> buckwheat flour             | <input type="checkbox"/> oats                      | <input type="checkbox"/> sorghum                   |
| <input type="checkbox"/> bran (oat, rice)            | <input type="checkbox"/> nutritional yeast         | <input type="checkbox"/> spelt                     |
| <input type="checkbox"/> bread (gluten-free)         | <input type="checkbox"/> pearl barley              | <input type="checkbox"/> tapioca                   |
| <input type="checkbox"/> buckwheat                   | <input type="checkbox"/> polenta                   | <input type="checkbox"/> teff                      |
| <input type="checkbox"/> buckwheat groats            | <input type="checkbox"/> popcorn                   | <input type="checkbox"/> wonton wrapper (uncooked) |
| <input type="checkbox"/> corn                        | <input type="checkbox"/> potato                    |  |
| <input type="checkbox"/> corn flakes (Kellogg's)     | <input type="checkbox"/> potato starch             |  |
| <input type="checkbox"/> corn flour                  | <input type="checkbox"/> quinoa                    |  |
| <input type="checkbox"/> corn starch                 | <input type="checkbox"/> quinoa flakes             |  |
| <input type="checkbox"/> cous cous (from maize only) | <input type="checkbox"/> rice                      |  |
| <input type="checkbox"/> Crispix (Kellogg's)         | <input type="checkbox"/> rice flour                |  |
| <input type="checkbox"/> millet                      | <input type="checkbox"/> Rice Krispies (Kellogg's) |  |

## BEVERAGES

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> espresso                              | <input type="checkbox"/> cranberry juice      | <input type="checkbox"/> spirulina powder      |
| <input type="checkbox"/> beer                                  | <input type="checkbox"/> dandelion tea (weak) | <input type="checkbox"/> vegetable blend juice |
| <input type="checkbox"/> black coffee                          | <input type="checkbox"/> epazote tea          | <input type="checkbox"/> vodka                 |
| <input type="checkbox"/> black tea                             | <input type="checkbox"/> gin                  | <input type="checkbox"/> whiskey               |
| <input type="checkbox"/> brown rice protein powder             | <input type="checkbox"/> green tea            | <input type="checkbox"/> white tea             |
| <input type="checkbox"/> buchua tea                            | <input type="checkbox"/> honeybush tea        | <input type="checkbox"/> white wine            |
| <input type="checkbox"/> chai tea (weak, using water not milk) | <input type="checkbox"/> peppermint tea       | <input type="checkbox"/> red wine              |
| <input type="checkbox"/> cocoa                                 | <input type="checkbox"/> rooibos tea          | <input type="checkbox"/> sparkling wine        |

## LEGUMES AND NUTS

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> agar agar          | <input type="checkbox"/> lentils (canned) | <input type="checkbox"/> pumpkin seeds        |
| <input type="checkbox"/> almonds            | <input type="checkbox"/> macadamia nuts   | <input type="checkbox"/> sesame seeds         |
| <input type="checkbox"/> Brazil nuts        | <input type="checkbox"/> mince quorn      | <input type="checkbox"/> sunflower seeds      |
| <input type="checkbox"/> chestnuts          | <input type="checkbox"/> mung beans       | <input type="checkbox"/> tempeh (plain)       |
| <input type="checkbox"/> chickpeas (canned) | <input type="checkbox"/> peanuts          | <input type="checkbox"/> tofu (firm, drained) |
| <input type="checkbox"/> chia seeds         | <input type="checkbox"/> peanut butter    | <input type="checkbox"/> walnuts              |
| <input type="checkbox"/> flax seeds         | <input type="checkbox"/> pecan            |   |
| <input type="checkbox"/> hazelnuts          | <input type="checkbox"/> pine nuts        |   |
| <input type="checkbox"/> hemp seeds         | <input type="checkbox"/> poppy seeds      |   |

## SEASONINGS & CONFECTIONARY

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> all spice        | <input type="checkbox"/> cloves              | <input type="checkbox"/> mint jelly    | <input type="checkbox"/> soy sauce             |
| <input type="checkbox"/> almond butter    | <input type="checkbox"/> cumin               | <input type="checkbox"/> mustard       | <input type="checkbox"/> sriracha              |
| <input type="checkbox"/> asafoetida       | <input type="checkbox"/> curry               | <input type="checkbox"/> mustard seeds | <input type="checkbox"/> stevia                |
| <input type="checkbox"/> balsamic vinegar | <input type="checkbox"/> dill                | <input type="checkbox"/> dijon mustard | <input type="checkbox"/> strawberry jam        |
| <input type="checkbox"/> basil            | <input type="checkbox"/> dark chocolate      | <input type="checkbox"/> nutmeg        | <input type="checkbox"/> tarragon              |
| <input type="checkbox"/> bay leaves       | <input type="checkbox"/> fennel              | <input type="checkbox"/> oregano       | <input type="checkbox"/> thyme                 |
| <input type="checkbox"/> capers           | <input type="checkbox"/> fish sauce          | <input type="checkbox"/> oyster sauce  | <input type="checkbox"/> turmeric              |
| <input type="checkbox"/> cardamom         | <input type="checkbox"/> instant jello       | <input type="checkbox"/> paprika       | <input type="checkbox"/> vanilla               |
| <input type="checkbox"/> chili            | <input type="checkbox"/> horseradish (white) | <input type="checkbox"/> pepper        | <input type="checkbox"/> vegemite              |
| <input type="checkbox"/> chives           | <input type="checkbox"/> ketchup             | <input type="checkbox"/> parsley       | <input type="checkbox"/> vinegar               |
| <input type="checkbox"/> cilantro         | <input type="checkbox"/> lemongrass          | <input type="checkbox"/> rosemary      | <input type="checkbox"/> watercress            |
| <input type="checkbox"/> cinnamon         | <input type="checkbox"/> mayonnaise          | <input type="checkbox"/> sage          | <input type="checkbox"/> wasabi                |
| <input type="checkbox"/> coriander        | <input type="checkbox"/> mint                | <input type="checkbox"/> saffron       | <input type="checkbox"/> worchestershire sauce |

# High-FODMAP Foods (foods to avoid)

## FRUITS

- ☐ apples
- ☐ apricots
- ☐ avocado
- ☐ blackberries
- ☐ boysenberries
- ☐ cherries
- ☐ figs
- ☐ grapefruit
- ☐ lychees
- ☐ mangos
- ☐ nectarines
- ☐ peaches
- ☐ pears
- ☐ persimmons
- ☐ plums
- ☐ pomegranate
- ☐ watermelon
- ☐ dried fruits

## VEGETABLES

- ☐ asparagus
- ☐ beets
- ☐ bitter melon
- ☐ cauliflower
- ☐ garlic/garlic powder
- ☐ karela
- ☐ leek bulb
- ☐ mushrooms
- ☐ onions/onion powder
- ☐ peas
- ☐ sauerkraut
- ☐ yucca root

## LEGUMES AND NUTS

- ☐ beans
- ☐ black-eyed peas
- ☐ cashews
- ☐ chickpeas (dried)
- ☐ fava beans
- ☐ pistachios
- ☐ peas
- ☐ soy milk

## GRAINS

- ☐ barley
- ☐ bran (wheat)
- ☐ chicory root
- ☐ coconut flour
- ☐ couscous (wheat)
- ☐ freekeh
- ☐ inulin
- ☐ pumpernickel
- ☐ rye
- ☐ wheat
- ☐ wheat germ

## DAIRY

- ☐ buttermilk
- ☐ custard
- ☐ ice cream
- ☐ kefir
- ☐ cow's milk
- ☐ oat milk
- ☐ yoghurt



## SEASONINGS AND CONDIMENTS

- ☐ blueberry jam
- ☐ garlic powder
- ☐ grape jelly
- ☐ mixed berry jam
- ☐ onion powder
- ☐ pickles (if made with garlic)

## SWEETENERS

- ☐ agave
- ☐ high fructose corn syrup
- ☐ honey
- ☐ isomalt
- ☐ maltitol
- ☐ mannitol
- ☐ molasses
- ☐ sorbitol
- ☐ xylitol

## BEVERAGES

- ☐ apple juice
- ☐ carob powder
- ☐ chai (strong)
- ☐ chamomile
- ☐ chrysanthemum tea
- ☐ coconut water
- ☐ dandelion (strong)
- ☐ fennel tea
- ☐ herbal tea
- ☐ kombucha
- ☐ malted milk powder
- ☐ oolong
- ☐ rum
- ☐ tropical juice



## INSIDER'S TIP

More information on FODMAPs is available at [rachelpaulsfood.com](http://rachelpaulsfood.com)

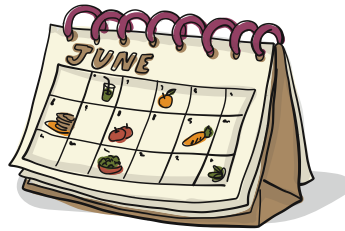
## Reintroduction Phase & Personalization

Once the Elimination Phase ends, it's time for the Reintroduction Phase. This phase is best done under the supervision of a healthcare professional.

During this phase, you will gradually reintroduce some high-FODMAP foods back into your diet. If the food or food group causes no symptoms then include that food or food group in your diet going forward. If there are symptoms, then you should consider cutting that food or food group from your diet.

The Reintroduction Phase may take several weeks to discover the food or food groups that you tolerate. Every person is different. Ideally, you want to add as many foods as possible into your diet without bringing back belly pain, gas, bloating, constipation and diarrhea.

Once you have figured out the food or food groups you do and do not tolerate, you can expand your selections. This is the final stage: Personalization, or a modified low-FODMAP diet.



### INSIDER'S TIP

Reintroduce foods slowly over several weeks to determine your symptoms and keep track of them in a written log. We recommend working with a healthcare professional for the best results.

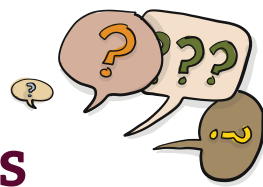


# FREQUENTLY ASKED QUESTIONS

Helpful answers to questions you may have.



# Frequently Asked Questions



**Hey FODMAPPER, we understand there will be some hiccups along this journey.** Here are a few frequently asked questions that will shed some more light on the topic.

## *Will I be able to return to eating the foods I love?*

As much as possible. That's the goal, but if during the reintroduction process you notice your favorite foods are having adverse effects, you may need to consider alternatives. Lots of people are happier avoiding certain high-FODMAP foods.

## *Do I need to stay on a low-FODMAP diet forever?*

No way! The goal is to have you eating as normally as possible after the elimination and reintroduction process. But your diet may be modified if you continue to have sensitivities to certain FODMAPs.

## *How quickly will I notice improvements?*

Some people feel much better in as little as 48 hours. However for others, be patient, it may take a few weeks.

## *If this is a diet, will I lose weight?*

The low-FODMAP diet is a program to modify the foods you eat to improve IBS and IBS-like symptoms. It is not intended to restrict calories or lead to weight loss.

## *Can I have a cheat day or even a cheat meal?*

Unfortunately not. To get the benefits of the low-FODMAP diet it must be strictly followed during the Elimination Phase. When that office birthday cake is too tempting to resist, remind yourself that one slice could mean restarting the whole process.

## *Can I eat dairy?*

Yes and no, depending on the lactose level. In smaller servings, you can eat low-lactose, low-FODMAP foods like butter, Cheddar or Swiss cheese. But stay away from high-FODMAP ones like milk and ice cream.

## *Why are onion and garlic-infused oils safe to eat?*

FODMAPs are water soluble, but not fat soluble. That means that onion placed in a broth or sauce will still leave FODMAPs behind once you remove the onion. The good news is, this doesn't happen in an oil base. Keep the flavor, not the FODMAPs!

## *Why are some foods considered high and low-FODMAP? It's confusing.*

Some foods, such as almonds, are safe to eat in small amounts. However, a larger serving will be too high in FODMAPs. The key is the size of the portion. Make sure you stick to the recommended quantity so you can enjoy your favorite foods without triggering IBS-like symptoms.





# LIFE- STYLE

Tips and tricks to help you succeed on your journey.

## Lifestyle

**This new way of eating should be a powerful lifestyle change, not a life sentence.** In fact, the journey you're on right now could lead to freedom. This part of the guide will help you through some of the roadblocks you may encounter in the Elimination Phase. Things like eating out with friends or understanding how to read the fine print on food labels. We want you to go into this with as much knowledge as possible, so success is the most likely outcome.

### Reading Food Labels

Reading the labels on your food can help you stay away from FODMAPs. This can be tough because FODMAPs may be hidden in the strangest places. It helps to know ingredients are listed in order of weight. The first ingredient listed is in the highest quantity and the last ingredient listed is in the lowest quantity.



#### INSIDER'S TIP

Take notes! Use a food tracker to help monitor your progress through elimination and reintroduction. Use your phone, computer or even start a notebook. Jot down things like date, time, food and portion size, symptoms and what kind of mood you're in.

Be careful. FODMAPs can lurk in unexpected food like spices, gum and beverages. High fructose corn syrup (a high-FODMAP sweetener) is very prevalent in condiments and packaged foods. All the more reason to always read the little print.

Some ingredients have confusing and hard to pronounce names. So keep this list handy and refer back to it when reading food labels. It should make your trip to the grocery store a little easier.

### INSIDER'S TIP

A good rule of thumb for FODMAPPERS is if you haven't heard of it and are having trouble finding out what it is, you probably shouldn't be eating it!

## Low-FODMAP Additives

- Almond extract
- Apple cider vinegar
- Asafoetida  
(this is a spice that can impart onion/garlic type flavors to food)
- Aspartame
- Balsamic vinegar
- Baking soda
- Baking powder
- Brown sugar
- Buckwheat
- Cane sugar
- Cane juice
- Cane juice crystals
- Carageenan
- Cellulose
- Citric acid
- Cocoa
- Confectioners sugar
- Corn starch
- Corn syrup (not high fructose variety)
- Glucose
- Guar gum
- Icing sugar
- Locust bean gum
- Malt extract
- Maltose
- Maple syrup
- Miso paste
- Modified food starch
- Pectin
- Potato starch
- Resistant starch
- Rice flour
- Rice protein
- Rice wine vinegar
- Saccharin
- Stevia
- Sucralose
- Sucrose
- Sugar
- Soybean oil
- Soy lecithin
- Soy sauce
- Tapioca starch
- Tapioca flour
- Vanilla extract
- Wasabi
- Wheat dextrin
- Wheat starch
- Whey protein isolate  
(low lactose variety)
- Xanthan gum

Here is a list of low and high-FODMAP food additives that is useful for label reading.

## High-FODMAP Additives

- Agave syrup
- Amaranth
- Barley
- Chicken salt
- Chickpea flour
- Chicory Root Fiber
- Coconut treacle
- Crystalline fructose
- Dehydrated vegetables  
(onion, garlic, etc)
- Dry milk solids
- Dried fruits
- Fructo-oligosaccharides (FOS)
- Fructose and fructose solids
- Fructose-glucose syrup
- Fructans
- Fruit juice concentrate  
(includes apple juice, pear juice, and other juices)
- Garlic powder
- Gluco-oligosaccharides (GOS)
- Glucose-fructose syrup
- Glycerin/Glycerol  
(check vitamins and supplements)
- Golden syrup
- High fructose corn syrup
- Honey
- Hydrogenated starch hydrolysates
- Inulin
- Isoglucose
- Isomalt
- Kamut
- Lactitol
- Lactulose
- Maltitol
- Mannitol
- Milk solids
- Molasses
- Natural flavors  
(in savory foods often contain onion garlic)
- Onion powder
- Onion extract
- Polydextrose
- Rye
- Sorbitol
- Soybeans
- Soybutler
- Soy protein
- Spice mixtures  
(check ingredients for onion, garlic)
- Sugar free mints/gum/cough drops  
(often contain sorbitol or other polyol)
- Xylitol
- Yacon syrup

### INSIDER'S TIP

Avoid foods that list natural flavoring, this may mean they contain onion and garlic. If you miss that taste, buy infused oil or try making your own. Look online, there are many websites to guide you-it's easy!

## Portions and Daily Intake

Portion size is important. While one serving of a specific food may be low FODMAP, a second serving of the same food can result in a high-FODMAP portion.

Also, what you eat throughout the day adds up in your gut. This is known as stacking. Think of your gut as a suitcase that you are packing things into all day. It will quickly get stuffed if you're loading it with high-FODMAP foods. So that bellyache may not be from your dinner, but the lunch and snack you ate earlier. That's why keeping a food and symptom journal is helpful!



## Drinks

### Alcohol

Can you drink alcohol? The answer is yes, but like most things in life, it should be done in moderation. Alcohol is an IBS trigger, but there are low-FODMAP options.

Wine, beer, gin, vodka, whiskey and cocktails with club soda, diet soda and cranberry juice are all on the safe list.

### Coffee

Coffee is also a belly irritant, but can be low FODMAP (again, the moderation thing is important here). Choose espresso or black coffee and always hold the milk or cream.

### Tea

When it comes to tea, black tea, green and rooibos are all low FODMAP. But steer clear of chamomile, oolong, and herbal teas.



### INSIDER'S TIP

If you're using a mix for your drink, use 100% real juice, no reconstitutes, syrups or high fructose corn syrup. Or try squeezing the juice from a lemon, lime, pineapple or orange for flavor. Cheers!



## Snacks

Be ready for when your stomach starts growling and you need something quick, easy and on-the-go. Check out this list of low-FODMAP snacks to keep your belly happy.

- bananas
- cheese sticks
- corn chips
- dark chocolate
- gluten-free pretzels, crackers or cookies (check ingredients)
- **Happy Bars**
- **Happy Jerky**
- instant oatmeal
- lactose-free yogurt
- mixed fresh fruit (no watermelon)
- peanuts (other low-FODMAP mixed nuts)
- popcorn
- potato chips
- rice cakes
- toasted oats cereal



**Happy Bars** are delicious and nutritious low-FODMAP, high-protein energy bars. They are the perfect on-the-go snack.

Check out [rachelpaulsfood.com](http://rachelpaulsfood.com) for more information.

### INSIDER'S TIP

Stock your top drawer at work or make sure you have a stash of your favorite snacks in your bag or car, to keep you from reaching for the wrong food and slipping up.

### INSIDER'S TIP

Head to the blog at [rachelpaulsfood.com](http://rachelpaulsfood.com) for over 300 delicious low-FODMAP recipes.

## Social Situations

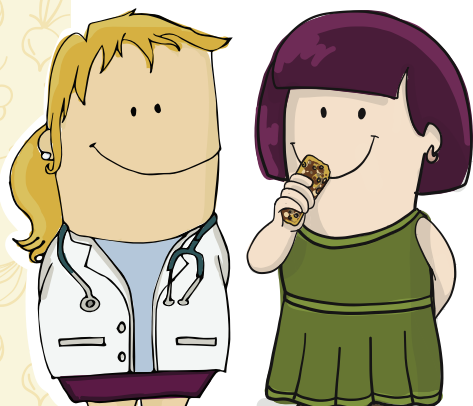
Tiptoeing in and out of dinner parties, embarrassing trips to the bathroom and sleepless nights burdened with both pain and anxiety don't have to be part of your daily routine. Take some of these tips and try to make them work for you.

### Work

In case we haven't mentioned it (over and over again), being prepared is so important. Plan your meals ahead of time and pack your lunch. And most importantly, have FUN with them! Get creative so you don't dread mealtime – you will actually look forward to it! Just because you're on a low-FODMAP diet doesn't mean you can't have an awe-inspiring lunch that will make all your co-workers jealous.

### Entertaining

There is no party like a dinner party. Impress your friends with meals that are both delicious, easy to make and low in FODMAPs. Entertaining at home lets you enjoy the benefits of being with friends and family without the added stress of not knowing exactly what's going in your mouth. As the cook, you have all the control.



## Dining Out

Be savvy. Your best bet is to have a handful of restaurants that you know have low-FODMAP options. Do your research, so if you have some say in the choice of restaurant, you can suggest your favorite places. If you can't choose where you're going, check out the restaurant's menu online ahead of time and scout out meals without wheat, garlic or onions. Or call ahead and inquire about substitutions or suggestions from the chef, so you arrive prepared.

If you've been invited to a friend's dinner party and don't want to impose your dietary restrictions on their menu, just bring your own! There is no shame in showing up with your own meal-to-go to save yourself from refusing the invitation.



### Happy Jerky

is delicious certified low-FODMAP beef jerky! It is a perfect on-the-go snack.

Check out [rachelpaulsfood.com](http://rachelpaulsfood.com) for more information.

## Alright FODMAPPER, it's time to take what you've learned and put your pedal to the metal.

Muster up all your strength and put it into changing not just your diet, but your life. A life where you have the courage and good health to be stress-free and happy. Following the low-FODMAP diet is a commitment but it pays off. Enjoy the confidence you will feel eating out with friends and family, traveling and having a healthy social life. Embrace your new lifestyle and remember to have fun with it!



This guide is brought to you by



Our founder, Dr. Rachel Pauls, follows a low-FODMAP diet to eliminate her own symptoms of Irritable Bowel Syndrome.

Find out more tips about low-FODMAP eating and download extra free copies of this guide at [rachelpaulsfood.com](http://rachelpaulsfood.com)

**Be healthy and happy!**

### INSIDER'S TIP

A safe meal option at many restaurants is a protein (chicken, steak, fish, shellfish) with no marinade or sauce, grilled with salt and pepper. Stay away from stocks, soups, dressings, and sauces. Add a salad (no onions or croutons) with oil and vinegar, some steamed/stir-fried vegetables and voilà – dig in!

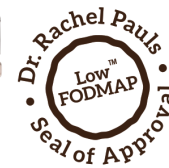


Try our 3 certified low-FODMAP soup bases!  
Check out [rachelpaulsfood.com](http://rachelpaulsfood.com) for more information.

## NOTES



Keep track of your journey. Scribble down any notes  
or important things to help you out along the way.  
**Happy FODMAPPING!**



Try our 3 certified  
low-FODMAP spice blends!  
Check out [rachelpaulsfood.com](http://rachelpaulsfood.com)  
for more information.

## NOTES