



YOUR HAPPY GUT GUIDE

The Low-FODMAP Diet



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INTRODUCTION

PAGE
02

Welcome to your low-FODMAP guide.



FODMAPS 101

PAGE
04

Get up to speed and learn what FODMAPs are.



THE LOW-FODMAP DIET

PAGE
05

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



FREQUENTLY ASKED QUESTIONS

PAGE
10

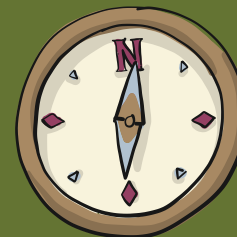
Helpful answers to questions you may have.



LIFESTYLE

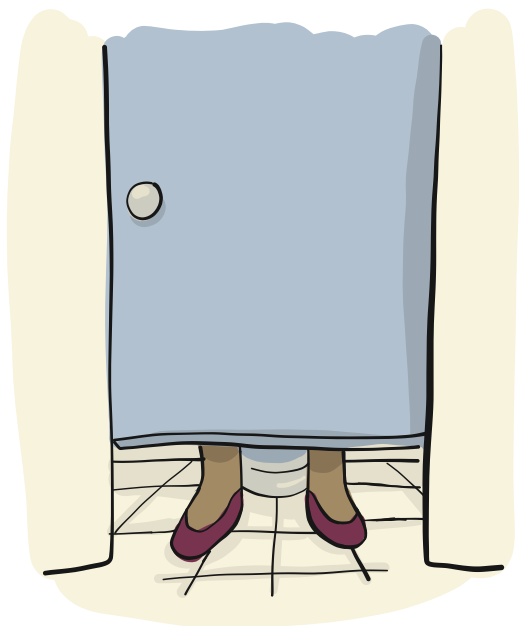
PAGE
12

Tips and tricks to help you succeed on your journey.



INTRO- DUCTION

Welcome to your
low-FODMAP guide.



Belly pain. Gas. Bloating. Constipation. Diarrhea.

Sound familiar? 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 foods 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 doctor. They can help determine if a low-FODMAP diet is right for you.



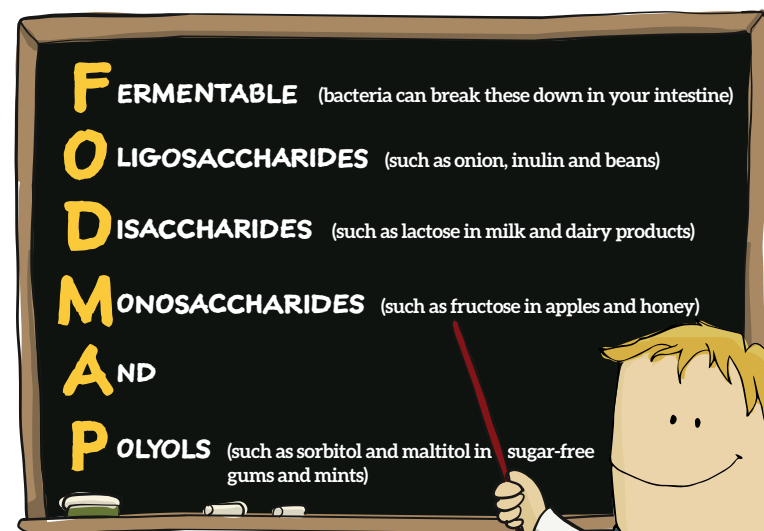
FOD- MAPS 101

Get up to speed and learn what FODMAPs are.

Download this free guide at rachelpaulsfood.com

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.

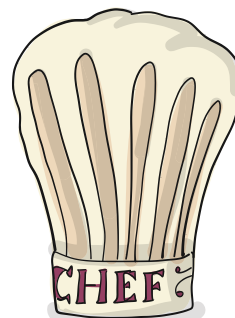
Elimination Phase

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.

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.



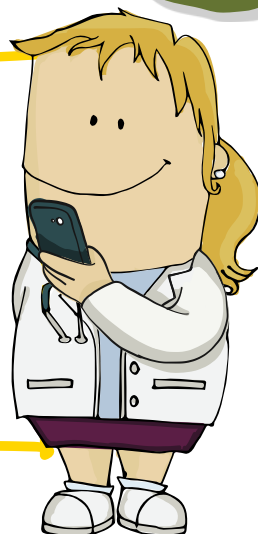
It is pretty much impossible to follow a "no-FODMAP" diet. Most foods (other than plain meat, fish or oils) will have a degree of FODMAPs in them. Focus on "low FODMAP" instead of "no FODMAP".

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)

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

FRUITS

- | | | | |
|------------------------------------|--------------------------------------|-------------------------------------|------------------------------------|
| <input type="radio"/> bananas | <input type="radio"/> grapes | <input type="radio"/> lime juice | <input type="radio"/> raspberries |
| <input type="radio"/> blueberries | <input type="radio"/> honeydew melon | <input type="radio"/> oranges | <input type="radio"/> rhubarb |
| <input type="radio"/> cantaloupe | <input type="radio"/> kiwi | <input type="radio"/> passion fruit | <input type="radio"/> starfruit |
| <input type="radio"/> dragon fruit | <input type="radio"/> kumquat | <input type="radio"/> pineapple | <input type="radio"/> strawberries |
| <input type="radio"/> durian | <input type="radio"/> lemon juice | <input type="radio"/> plantain | |

VEGETABLES

- | | | |
|--|--|--|
| <input type="radio"/> alfalfa | <input type="radio"/> eggplant | <input type="radio"/> rutabaga |
| <input type="radio"/> arugula | <input type="radio"/> endive | <input type="radio"/> seaweed |
| <input type="radio"/> bamboo shoots | <input type="radio"/> fennel | <input type="radio"/> spaghetti squash |
| <input type="radio"/> bean sprouts | <input type="radio"/> gai lan | <input type="radio"/> spinach |
| <input type="radio"/> bok choy | <input type="radio"/> ginger | <input type="radio"/> squash |
| <input type="radio"/> broccoli | <input type="radio"/> green beans | <input type="radio"/> Swiss chard |
| <input type="radio"/> Brussels sprouts | <input type="radio"/> green pepper | <input type="radio"/> sweet potatoes |
| <input type="radio"/> capsicum | <input type="radio"/> kale | <input type="radio"/> tomatoes |
| <input type="radio"/> carrots | <input type="radio"/> lettuce (butter, iceberg, radicchio) | <input type="radio"/> tomato paste |
| <input type="radio"/> celeriac | <input type="radio"/> okra | <input type="radio"/> turnip |
| <input type="radio"/> chives | <input type="radio"/> parsnip | <input type="radio"/> water chestnuts |
| <input type="radio"/> chili pepper | <input type="radio"/> potatoes | <input type="radio"/> yams |
| <input type="radio"/> collard greens | <input type="radio"/> radish | |
| <input type="radio"/> corn | <input type="radio"/> red pepper | |
| <input type="radio"/> cucumber | | |

List continues on next page

Low-FODMAP Foods (single serving) Continued

PROTEIN

- beef
- chicken
- egg/egg substitute
- fish
- pork
- shellfish

FATS

- butter
- margarine
- oil/infused oil



GRAINS

- | | | |
|---|---------------------|-----------------------|
| ○ buckwheat | ○ millet | ○ rice crisp cereal |
| ○ buckwheat groats | ○ nutritional yeast | ○ rice flour |
| ○ corn | ○ oatmeal | ○ rice noodles |
| ○ corn chips | ○ oats | ○ sorghum |
| ○ corn flake cereal | ○ popcorn | ○ spelt |
| ○ corn flour | ○ potato chips | ○ tapioca |
| ○ gluten/wheat-free bread, pasta and packaged baked goods (check ingredients) | ○ quinoa | ○ teff |
| | ○ rice | ○ toasted oats cereal |
| | ○ rice cakes | |

LEGUMES AND NUTS

- | | | |
|--------------------|-----------------|------------------------|
| ○ almonds | ○ mince quorn | ○ pumpkin seeds |
| ○ Brazil nuts | ○ mung beans | ○ sesame seeds |
| ○ chestnuts | ○ peanuts | ○ sunflower seeds |
| ○ chia seeds | ○ peanut butter | ○ tempeh |
| ○ lentils (canned) | ○ pecans | ○ tofu (firm, drained) |
| ○ macadamia nuts | ○ pine nuts | ○ walnuts |
| | ○ poppy seeds | |

DAIRY

- almond milk
- cheese: Camembert, Cheddar, Colby, cottage, feta, goat, Havarti, Mozzarella, Swiss
- coconut milk (canned)
- hemp milk
- lactose-free ice cream
- lactose-free milk
- lactose-free yogurt
- quinoa milk
- rice milk
- whipped cream

BEVERAGES

- | | |
|-------------------------------|------------------|
| ○ beer | ○ gin |
| ○ black coffee | ○ green tea |
| ○ black tea (weak) | ○ honeybush tea |
| ○ brown rice protein powder | ○ peppermint tea |
| ○ cocoa | ○ rooibos tea |
| ○ cranberry juice (100% pure) | ○ vodka |
| ○ espresso | ○ whiskey |
| | ○ wine |

SWEETENERS AND BAKING SUPPLIES

- | | |
|------------------|-------------------|
| ○ aspartame | ○ saccharine |
| ○ corn syrup | ○ sucralose |
| ○ dark chocolate | ○ sugar (sucrose) |
| ○ glucose | ○ xanthan gum |
| ○ maple syrup | |

SEASONINGS AND CONDIMENTS

- | | | |
|--------------------|---|------------------|
| ○ asafoetida | ○ fennel | ○ rosemary |
| ○ balsamic vinegar | ○ ketchup (no high fructose corn syrup) | ○ sage |
| ○ basil | ○ lemongrass | ○ saffron |
| ○ cardamom | ○ mayonnaise | ○ soy sauce |
| ○ chili | ○ mint | ○ strawberry jam |
| ○ cilantro | ○ mustard | ○ tarragon |
| ○ cinnamon | ○ nutmeg | ○ thyme |
| ○ clove | ○ paprika | ○ turmeric |
| ○ coriander | ○ parsley | ○ vanilla |
| ○ cumin | ○ pepper | ○ watercress |
| ○ curry | | ○ wasabi |

List continues on next page

High-FODMAP Foods (foods to avoid)

FRUITS

- ☐ apples
- ☐ apricots
- ☐ avocado
- ☐ blackberries
- ☐ boysenberries
- ☐ cherries
- ☐ dried fruit
- ☐ figs
- ☐ grapefruit
- ☐ lychees
- ☐ mangoes
- ☐ nectarine
- ☐ peaches
- ☐ pear
- ☐ persimmon
- ☐ plums
- ☐ pomegranate
- ☐ watermelon

VEGETABLES

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

GRAINS

- ☐ almond meal
- ☐ barley
- ☐ bran
- ☐ chickpea flour
- ☐ chicory root
- ☐ coconut flour
- ☐ couscous
- ☐ freekeh
- ☐ inulin
- ☐ pumpkinnickel
- ☐ rye
- ☐ wheat
- ☐ wheat germ

LEGUMES AND NUTS

- ☐ beans
- ☐ black-eyed peas
- ☐ cashews
- ☐ chickpeas
- ☐ fava beans
- ☐ hummus
- ☐ pistachios
- ☐ peas
- ☐ soybeans
- ☐ soy milk
- ☐ soy nuts
- ☐ soy nut butter

DAIRY

- ☐ buttermilk
- ☐ custard
- ☐ ice cream
- ☐ kefir
- ☐ milk
- ☐ oat milk
- ☐ Ricotta cheese
- ☐ sour cream
- ☐ yogurt



SEASONINGS AND CONDIMENTS

- ☐ blueberry jam
- ☐ garlic powder
- ☐ grape jelly
- ☐ ketchup (with high fructose corn syrup)
- ☐ mixed berry jam
- ☐ onion powder
- ☐ pickles
- ☐ relish

SWEETENERS AND BAKING SUPPLIES

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

BEVERAGES

- ☐ apple juice
- ☐ black tea (strong)
- ☐ carob powder
- ☐ chai tea
- ☐ chamomile tea
- ☐ coconut water
- ☐ dandelion tea
- ☐ fennel tea
- ☐ grenadine
- ☐ herbal tea (strong)
- ☐ kombucha
- ☐ malted milk powder
- ☐ oolong tea
- ☐ orange juice (reconstituted)
- ☐ rum
- ☐ tequila
- ☐ tropical juice



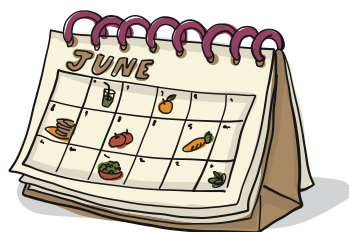
INSIDER'S TIP

More information on FODMAPs is available at rachelpaulsfood.com

Reintroduction Phase

Once the Elimination Phase ends, it's time to start reintroducing foods. During this phase, you gradually reintroduce individual high-FODMAP foods back into your diet. If a certain food causes no symptoms then include that food into your regular diet going forward. If it does cause symptoms you'll want to cut it out of your diet permanently.

Ideally, you want to add as many foods as possible back into your diet without bringing back belly pain, gas, bloating, constipation and diarrhea. That way you can go back to enjoying some foods and limiting others. This is called a modified low-FODMAP diet.



INSIDER'S TIP

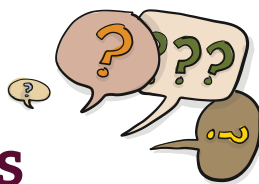
You should reintroduce foods one at a time over a day or two to determine your symptoms and keep track of them in a written log. If possible, you should also work with a healthcare professional for the best results.



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, ice cream, and Ricotta cheese.

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.

Low-FODMAP Additives

- almond extract
- apple cider vinegar
- aspartame
- baking powder
- baking soda
- balsamic vinegar (check serving size on an app)
- brown sugar
- buckwheat
- cane juice
- cane juice crystals
- cane sugar
- carageenan
- cellulose
- citric acid
- cocoa (check serving size on an app)
- corn starch
- corn syrup (not high fructose variety)
- glucose
- guar gum
- icing sugar
- locust bean gum
- malt extract
- maltose
- maple syrup
- modified food starch
- pectin
- potato starch
- resistant starch
- rice flour
- rice wine vinegar
- saccharin
- sucralose
- sucrose
- sugar
- soybean oil
- soy lecithin
- soy sauce
- tapioca flour
- tapioca starch
- vanilla extract
- wasabi
- wheat dextrin
- wheat starch
- whey protein isolate (low lactose variety)
- xanthan gum
- confectioners sugar

Note: Maltodextrin, soluble corn fiber and corn syrup solids may cause issues for some, depending on amount ingested.

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!

High-FODMAP Additives

- agave syrup
- amaranth (over ¼ cup)
- 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
- hydrogenated starch hydrolysates
- inulin
- isoglucose
- isomalt
- kamut
- lactitol
- lactulose
- maltitol
- mannitol
- milk solids
- miso
- molasses
- natural flavors
- onion powder/extract
- polydextrose
- rye
- sorbitol
- soybeans
- soy butter
- soy protein
- xylitol
- yacon syrup

INSIDER'S TIP

Avoid foods that list natural flavoring, this usually means 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 over coffee and always hold the milk or cream.

Tea

When it comes to tea, weak black tea, green and rooibos are all low FODMAP. But steer clear of chamomile, oolong, dandelion, chai, or tea with fruit essences.



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**
- 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 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 for some great recipe inspiration.

Social Situations

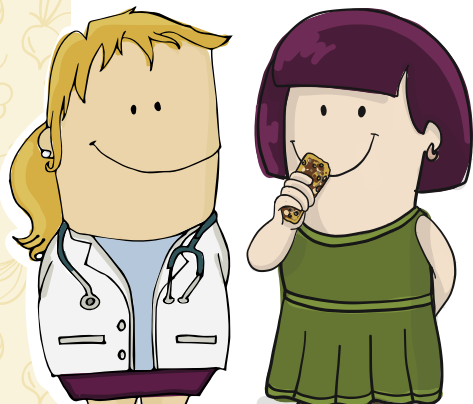
Tiptoeing in and out of dinner parties, embarrassing trips to the bathroom and sleepless nights burdened with both pain and anxiety don't have to be part of your daily routine. Take some of these tips and try to make them work for you.

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.



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!

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



The founder, Dr. Rachel Pauls aims to help people manage their digestive issues and live healthier, happier lives. A physician, mother of three and mission-driven entrepreneur, Dr. 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

Be healthy and happy!

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

Happy FODMAPPING!

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