

# FOR A DIGESTIVE PEACE OF MIND

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Just cut and laminate as an easy tool to briefly explain your low FODMAP diet guidelines. We have left a space to include a more customized message. This tool is **not** a comprehensive list of low and high FODMAP foods but highlights some key foods in schools and restaurants that often pose a problem for FODMAPers.

**FOR THE TEACHER**  
FOR MORE INFO VISIT [KATESCARLATA.COM](http://KATESCARLATA.COM)

**My child suffers from digestive issues.**  
He/She follows a low FODMAP diet that limits certain carbohydrates.

**PLEASE HELP MY CHILD AVOID**  
Fruit: apples, pears, peaches, watermelon  
Dairy: milk, ice cream  
Snacks: wheat-based foods; crackers, cookies, cupcakes  
Other:

**THESE ARE NOT FOOD ALLERGIES.  
THERE IS NO NEED TO AVOID CROSS-CONTAMINATION.**

**PLEASE ALLOW MY CHILD TO ENJOY**  
Fruit: strawberries, blueberries, raspberries, grapes, cantaloupe, honeydew, oranges  
Dairy: hard cheese (string cheese, Cheddar), lactose free yogurt  
Snacks: potato chips, gluten free crackers + cookies, candies (smarties, marshmallows)  
Other:

Thank you for your support. The Low FODMAP diet is a medically prescribed diet that modifies certain sugars and fibers to manage digestive symptoms.

## LOW FODMAP DIET

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I'm on a low FODMAP diet for my digestive issues which means I avoid certain carbohydrates that can cause debilitating symptoms. FODMAPs are found in everyday foods and can contribute to pain, bloating, and digestive distress.

### PLEASE HELP ME AVOID

Vegetables: asparagus, garlic, onion, mushrooms

Fruit: apples, figs, pears, watermelon

Dairy: milk, cream sauce, ricotta & cottage cheese

Sweeteners: honey, agave, high fructose corn syrup

Wheat based foods: bread, crackers, pasta

Other: \_\_\_\_\_

Thank you for kindness & support!

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