

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 CHEF

FOR MORE INFO VISIT KATESCARLATA.COM

I HAVE MULTIPLE FOOD INTOLERANCES

I follow a diet modified in carbohydrates & called a low FODMAP diet.

PLEASE HELP ME AVOID:

Wheat, Onion, Garlic, Mushrooms, Cauliflower, Beans, Milk, Honey, Apples, Pears, other: _____

**INTOLERANCE TO A FODMAP RICH FOOD IS NOT A FOOD ALLERGY REACTION.
I DO NOT NEED TO AVOID CROSS-CONTAMINATION.**

Thank you for your help!

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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