

SIMPLE LOW FODMAP MEAL BUILDER

Diet vs Disease

Meals do not need to be complex, gourmet, or take a long time to make to be tasty.

Follow the steps below for ideas on how to build a simple low FODMAP meal for one. Double the amounts to serve two.

Use this builder alongside the FODMAP stacking guide, the FODMAP free food list and the Monash app.



1. Pick a protein source

Always aim for palm to hand size protein portions, e.g. fish, chicken, turkey, tempeh, beef, pork.

Around 120g/4oz is a good size.



2. Pick 1-2 FODMAP containing vegetables

75g/2.5 oz green beans, broccoli, sweet potato, eggplant etc.

Check the FODMAP stacking guide to ensure you don't double up on 2 foods from one category.



3. Pick 1-3 FODMAP free vegetables to add bulk/fiber

75g/2.5oz potato, carrots, parsnips, radish, kale, lettuce, bean sprouts, Japanese/Kent pumpkin, silverbeet/Swiss chard, olives.



4. Pick a flavouring

Single ingredient herbs/spices are all low FODMAP e.g. coriander, mint, sage, parsley, fennel, pepper, all spice, basil, chives, cumin, dill etc.

Add a little extra flavour with Worcestershire sauce, Tamari soy, lemon/lime juice, mayonnaise, mustard.

Or check out some certified low FODMAP sauces like FODY.



5. Add a starch if desired

1/2-1C of cooked rice, gluten free pasta, quinoa, gluten free bread, gluten free cous cous, rice noodles.



6. Cook with a little oil

Olive oil, infused olive oil, canola or other plant based oils.



8. Track your food, symptoms and BMs

This gives us the data we need to help you.



7. Eat mindfully

The hardest part!
Eating undistracted is best. Replace TV or phone with music or radio.

Enjoy the company of family or friends.

Eat slowly, chew thoroughly and check in on your fullness levels as you eat your meal.

You can do this! Check out the meal plans in the modules if you need further guidance.