

Module 3: Dining out on the Low FODMAP Elimination

Transcript

0:02 So dining out on a low FODMAP diet can often be challenging due to the wide array of foods that are necessary to avoid during the low FODMAP elimination phase especially.

0:13 So this video has been created to guide you through the process of dining out while you're on a low FODMAP diet.

0:19 We know that cooking at home can oftentimes be more ideal than dining out while on a low FODMAP diet, just for the reason that you're able to control the ingredients, control what goes into the meal, know that it will be low FODMAP and therefore not cause symptoms.

0:32 But we certainly encourage you to prioritize your mental health and for a lot of people socializing with others is part of that.

0:40 And socializing oftentimes takes place at a restaurant or is part of dining out. So we want to help address that so that you are prepared for a scenario where you're dining out or even maybe eating at someone else's house.

0:53 So first off, when it comes to dining out on a low FODMAP diet, read the menu carefully. This can start with trying to look the menu up online beforehand if possible.

1:03 This just allows you to go into the scenario feeling less pressed for time to figure out what would be the best option on the menu or just less overwhelmed by standing out in a crowd or standing out at the table.

1:17 When it comes to needing to look for low FODMAP options. So try to find the menu online. But when it comes to reading the menu carefully, a couple things to consider would first be using our label reading guide that is included in this module and our low FODMAP lists that you will find throughout the first two module two or three modules as well.

1:35 Just as a place to start for knowing, okay, these foods are typically low FODMAP, let me look for those on the menu.

1:41 But as far as how to scan the menu initially goes, I think kind of the best way to do it is see if they have a gluten-free menu.

1:50 If so, you know that that component of the low FODMAP diet, avoiding the gluten or wheat fruit tan is sort of taken out of the equation and that can make it easier on you.

1:59 Or if they have an Inca or a symbol that indicates gluten-free foods on the menu, which is pretty common now you can look for that and stick to just the gluten-free options and then start scanning those for anything that discusses milk products or lactose and then anything that discusses garlic and onion and you can rule those foods out.

2:19 So that's the way I would approach it. First is looking for gluten-free items. Then which of those gluten-free items contain milk products?

2:27 Eliminate those, which of those gluten-free items contain garlic or onion? Eliminate those and you can see what you have left there.

2:33 Another tip is oftentimes bringing your own salad dressing can help with navigating a dining out scenario because getting a salad with some plain protein on it can be a really low FODMAP option usually.

2:45 But the dressings are super tough to avoid because most of them will have either garlic or onion powders or lactose in them.

2:52 So bringing your own low FODMAP dressing and then scanning the menu carefully for the best low FODMAP options will be a good way to go.

3:00 Our next suggestion is to speak to your server. Vocalizing the dietary requirements or restrictions that you have to your server is something that we highly recommend because it is their job to serve you in whatever way necessary.

3:13 So I would consider telling them that you cannot have garlic and onion because when it comes to the gluten and the milk products, those are things you can often pick out on your own on the menu.

3:24 But sometimes we don't know the spices and we don't know if onion or garlic is mixed into some sort of a dish.

3:30 So when you find an item that seems safe, just double check by telling them that you cannot have garlic and onion and that you would like whatever it is cooked plain with just salt in pepper.

3:41 That's another good way to minimize the possibility for FODMAPs and minimize the possibility for symptoms. And then on that same note, don't be afraid to send food back.

3:50 So if you receive the, some, some menu item that you're like, okay, I know I told them not to put the sauce on or the gravy because those are high risk when it comes to garlic and onion or lactose, just let them know and send it back.

4:02 There's no harm in doing so and this is going to help you to advocate for yourself and avoid the symptoms.

4:10 So on the same note as eating out on a low FODMAP diet, being a dinner guest at someone's house is also something that can happen during the process of being low FODMAP.

4:20 So we want to give you some tips on how to navigate that. First off, we recommend being proactive. So, reach out to the guest or reach out to the person that is hosting you as a dinner guest and ask them what they were thinking for the meal and ask them if by chance they could take some of your suggestions that would fit your dietary needs.

4:43 So if they tell you what they had in mind for the meal and you are pretty certain that there's going to be some lactose garlic, onion gluten in there or just maybe one of the other foods that you know isn't ideal for you to have.

4:55 So for example, like cauliflower, celery, maybe, you know, those are one of the main components of the meal. Just let them know that you're following this low FODMAP diet.

5:03 You had a couple ideas of how they could either tweak that meal that they've already come up with to be low FODMAP or ideas of another low FODMAP meal to make.

5:13 And this can sometimes feel intimidating because we obviously want to be polite, someone's having you as their dinner guest or a guest for a meal and you might not want to infringe.

5:22 But just keep in mind that they are going to be happy to help you and most likely there are just a couple of things that you could tweak about what they were planning to make.

5:30 Or simply giving them a couple of ideas recipe wise might be something that they actually really appreciate. Rather than taking on the burden themselves of researching low FODMAP and understanding what would be best for you to have.

5:43 And then next up, if they are overwhelmed by the idea of making this low FODMAP meal offer to make them a shopping list or offer to help out with the cooking, these are some ways

that you can not only make things easier on them, but also get the chance to spend some time with them by helping To cook the meal.

5:59 So reaching out ahead of time so that you don't end up in a scenario where you arrive at someone's house and you know that the meal is high fodmap but you still want to be respectful about it.

6:08 This can be a way to prevent that. And then one other tip that I have for not only being a dinner guest but also dining out is be sure to keep things on hand like protein bars or rice cakes and peanut butter, different ideas for staying low FODMAP or just some little snacks that you can take with you if you find out, oh gosh, I can't actually eat anything here.

6:28 That would be low FODMAP. Maybe you could at least have a protein bar and a component of the meal that you know would be low FODMAP, like some potatoes or a small salad that you know, or a salad that you know is low FODMAP.

6:41 So just be prepared in the case that maybe there isn't anything you can eat if you haven't gone to the efforts of being proactive.

6:48 Lastly, we recommend asking for help. So that's why US dieticians are here is to give you feedback and now help you to navigate the process of being low FODMAP to make it easier on you.

6:58 So you can post restaurant menus in our Facebook group. We're happy to give you input if you're following a low FODMAP diet.

7:04 We can look through the menu for you, give you some ideas of what components of it would be low FODMAP or you can ask your assigned dietician for help with choosing a low FODMAP meal off of a menu.

7:14 We're happy to do that as well. And then lastly, being sure to track whatever it is you've eaten at the, at someone else's house or at a restaurant.

7:22 Maybe you can't find exactly what it was that you had had, but tracking whatever's closest in chronometer to what you've eaten and then maybe leaving some notes about it too so that your dietician can really understand what you had.

7:35 And if you had symptoms from the meal, it can still be a great chance for a learning experience because maybe we know that there was garlic and onion in there and you felt really poorly after this gives us some indication that maybe that's a trigger for you and it's something

that we will look out for in the reintroduction phase.

7:50 So just be upfront with us as dieticians. We are happy to help you understand what might have happened so that you can have the knowledge going forward to avoid those types of foods.