

# LOW FODMAP DINING OUT CARDS

Print and cut out these dining out cards to give to the chef or server at cafes and restaurants.

There is space to add more foods or to customize the message.

This is not a comprehensive list of high FODMAP foods but highlights some of the most common ingredients you may come across when dining out.

## FOR THE CHEF

Visit [DietvsDisease.org](http://DietvsDisease.org) for more info

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**I HAVE SEVERAL FOOD INTOLERANCES/SENSITIVITIES**

I follow a medically-prescribed low FODMAP diet, which limits certain sugars and fibers.

**THANKYOU IN ADVANCE FOR HELPING ME AVOID:**

Wheat, flour, barley, milk, onion, garlic, leek, peas, mushrooms, cauliflower, avocado, corn, legumes, apples, pears, peaches, honey, dried fruit, almonds, cashews, others: \_\_\_\_\_

**These are not food allergies. I do not need to avoid cross-contamination.**

## LOW FODMAP DIET

Visit [DietvsDisease.org](http://DietvsDisease.org) for more info

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I am following a medically-prescribed low FODMAP diet, which limits certain sugars and fibers. Please help me to avoid the following foods and thank you for your understanding!

**PLEASE HELP ME AVOID:**

Wheat, flour, barley, milk, onion, garlic, leek, peas, mushrooms, cauliflower, avocado, corn, legumes, apples, pears, peaches, honey, dried fruit, almonds, cashews, others: \_\_\_\_\_

**My food intolerances are not allergies. I do not need to avoid cross-contamination.**