

THE QUICK START LOW FODMAP GUIDE

- Ok so you have completed week 1 and now comes the time to modify your diet.
- Use this quick start guide for simple swaps and products to get you started.
- Aim to eat 3 meals a day within your eating window, your body & bowel want consistency.
- Keep meals simple to reduce stress: choose 2 breakfasts to rotate, 2 lunches to rotate and dinner can be something different each night.
- Prepare your space: make sure you have a dedicated shelf in the fridge and cupboard for your low FODMAP foods. Freeze, throw out, donate or hide high FODMAP foods that you want to avoid.
- Plan: make a list of meals and a shopping list.
- Meal prep: one of the biggest things you can do to reduce your stress is to meal prep and freeze meals.
- Get the Monash FODMAP diet app (see module 3, lesson 6)

- Garlic infused olive oil (to replace garlic)
- Green spring onion tops (to replace onion)
- Grains: Whole rolled oats (not quick oats), rice (white or brown), quinoa
- Protein powder (for smoothies or food fortification): whey protein isolate or soy protein isolate
- Maple syrup (to replace honey)
- Nutritional yeast (find it in the health food aisle/health food store)
- Buckwheat flour (a good replacement for wheat flour) or Bob's Red Mill All Purpose GF Flour
- True sourdough bread (made using a culture/starter, not yeast)
- Fruit: kiwi, green banana, oranges/mandarin, papaya, plantain
- Vegetables: potato, carrot, cucumber, tomatoes, parsnips, radish, kale, spinach, lettuce, broccoli, sweet potato (max 2.5oz/75g)
- Milk: almond milk (no inulin) or lactose free cow milk (if you do not suspect dairy protein allergies)
- Dairy: hard cheeses like mozzarella and cheddar are low lactose, lactose free plain or vanilla yoghurt
- Snacks: 70% dark chocolate, FODY bars, plain popcorn, rice cakes
- Nuts/seeds: chia, pumpkin, sunflower seeds, peanuts/peanut butter, pecan, walnuts, macadamia, Brazil (avoid almonds, pistachios, cashews and hazelnuts)
- Condiments: FODY sauces, tamari (gluten free) soy sauce, coconut aminos
- Artificial sweeteners: stevia drops
- Gum: simply gum (USA link: <https://www.simplygum.com/>)
- Proteins: fish (fresh or canned), chicken, beef, lamb, pork, seafood are all fine (avoid anything with a flavouring e.g. marinated or rub)
- Drinks: ginger, peppermint, licorice tea, coffee (unless advised otherwise), 1 glass of wine, Liquid IV Hydration Multiplier (or similar low FODMAP water flavourer)