

# The Low-FODMAP Beginner's Guide

TO GUT HAPPINESS

# WELCOME TO YOUR Low-FODMAP Beginner's Guide to Gut Happiness



## Experiencing stomach discomfort, gas, bloating, constipation, or diarrhea?

Have you ever had to call out of work because your stomach wouldn't cooperate? Do you find yourself scanning every new place you go—restaurants, offices, even friends' homes—checking where the nearest bathroom is, just in case? Does the thought of using a shared bathroom at work fill you with dread, worried about noises, smells, or being stuck in there too long? And what about social plans—do you turn down dinners with friends or avoid trips because being far from your own bathroom feels too risky?

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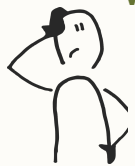
Let's get to the bottom of what's triggering these frustrating and embarrassing symptoms—and, more importantly, how to finally manage them effectively.

Your discomfort could be linked to specific hard-to-digest carbs called FODMAPs, which wreak havoc on sensitive guts. The good news? You don't have to live like this forever. By adjusting your diet with the right guidance—and getting support along the way—you can take back control. Relief isn't just possible; it's within reach.

If your doctor, dietitian, or healthcare provider has suggested a low-FODMAP diet, you're in the right spot. This guide is designed to walk you through the diet step by step—and most importantly, to help you reclaim control of your health and daily life. Ready to get started? Let's dive in!



If you regularly experience these symptoms but don't have an official diagnosis, consult your healthcare provider. They can assess whether a low-FODMAP diet could benefit you.



## Why FODMAPs Cause Problems?

- They are poorly absorbed in the small intestine
- They draw extra water into the intestines
- They are rapidly fermented by gut bacteria
- These effects can lead to bloating, gas, abdominal pain, and altered bowel habits
- People with IBS are often more sensitive to these effects

## Gluten & Low FODMAP

It's important to understand that gluten is a protein, not a FODMAP. While many people associate gluten-free products with digestive relief, this can be misleading when following a low FODMAP diet. Just because a food is labeled gluten-free doesn't mean it's low in FODMAPs. In fact, some gluten-free products may contain high-FODMAP ingredients like honey, inulin (chicory root), or certain fruit juices.

The confusion arises because wheat, barley, and rye—common sources of gluten—also contain the FODMAP fructans, which can trigger digestive symptoms. So, while gluten-free products often avoid these grains, they don't always eliminate all sources of FODMAPs.

When shopping or cooking, focus on products that are specifically labeled low FODMAP or check the ingredient list carefully to ensure they don't include high-FODMAP ingredients. Understanding the difference between gluten and FODMAPs is key to managing your symptoms effectively.

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# THE LOW-FODMAP DIET

Following a completely "no-FODMAP" diet is nearly impossible, as most foods—aside from plain meats, fish, and oils—contain at least some FODMAPs. Instead of aiming for zero FODMAPs, focus on choosing foods that are classified as low FODMAP. That's the real goal and what makes the diet effective and manageable.



# The Low- FODMAP Diet

Before we dive into the details of the diet, it's important to take a moment to acknowledge the challenge ahead. Adopting a low-FODMAP lifestyle isn't always easy—it requires commitment, preparation, and a willingness to learn. Like any meaningful change, it may feel overwhelming at first, but with the right guidance and mindset, you'll find it entirely manageable—and well worth the effort. Let's start by setting realistic expectations for the journey you're about to begin.

Now that you're ready to begin, congratulations—you're officially a FODMAPPER! Welcome aboard. Let's dive into how the diet works.

It's structured into three key stages: the Elimination Phase, the Reintroduction Phase, and finally, the Personalization Phase. Each part plays a crucial role in helping you understand your unique triggers and build a long-term, gut-friendly lifestyle.



## How soon will I start feeling better?

*Some people notice a big difference within just a couple of days. For others, it may take a few weeks—so hang in there!*



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## Phase 1: Elimination

As the name suggests, this phase involves removing all high-FODMAP foods from your diet. Before diving in, make sure you're prepared—both physically and mentally. The length of this phase should be guided by your healthcare provider, but it usually lasts between 2 to 6 weeks.

To set yourself up for success, stock your kitchen with suitable low-FODMAP foods and begin planning your meals in advance. There's a wide variety of delicious options available, so you won't have to sacrifice flavor. The more enjoyable your meals are, the easier it will be to stay on track. For extra inspiration, you might want to try our certified low-FODMAP Happy Soup and Happy Spices—they're both tasty and gut-friendly!

### TIPS

#### No Room for Cheat Days — Stay Committed!

This isn't the kind of diet where cheat days are okay. Consistency is absolutely key. The more closely you follow the plan, the more reliable and meaningful your results will be. Every effort you make now will lead to clearer answers — and better long-term relief. Stay focused; it's worth it!



## Phase 2: Reintroduction



Once your symptoms have stabilized during the elimination phase, it's time to reintroduce FODMAP groups one at a time. This phase helps you identify which specific FODMAPs cause issues and which ones you can tolerate — creating a personalized diet plan that offers more variety without discomfort.

### ✓ How It Works:

- One group at a time: Reintroduce a single FODMAP category (e.g., fructose, lactose, polyols) over 3–7 days.
- Start with a small portion: Begin with a small amount of a food rich in that FODMAP and gradually increase the portion if no symptoms appear.
- Track everything: Carefully monitor your digestive symptoms in a journal or an app each day.
- Take breaks between tests: Wait 2–3 days before testing another group to allow your body to reset.

### TIPS

Only test one FODMAP category at a time — don't mix groups. Keep the rest of your diet consistent during testing to avoid false triggers.

### Example of a Reintroduction Schedule

#### Week 1: Lactose

Try a small amount of milk or yogurt (e.g.,  $\frac{1}{4}$  cup milk) on Day 1  
Increase to  $\frac{1}{2}$  cup on Day 2, then 1 cup on Day 3  
Stop if symptoms return; note the threshold

#### Week 2: Fructose

Start with a small amount of honey or mango  
Monitor and adjust amounts across 3 days

#### Week 3: Fructans

Use onion or wheat bread in small amounts  
And so on for Galacto-oligosaccharides (GOS), Polyols (sorbitol and mannitol), etc.

### TIPS

If symptoms reappear, stop the test and wait until you're symptom-free before trying another.



## Low-FODMAP Foods (good to eat food)

Save this high and low-FODMAP food list for easy reference during the Elimination Phase—perfect for meal prep and grocery runs.

### Vegetables (Most Common First)

- Carrots
- Potatoes
- Tomatoes:  
common (65g), cherry (5), canned (3/5 cup), juice (1/2 glass), paste (2 tbsp)
- Zucchini / Courgette – 65g
- Cucumber
- Lettuce (butter, iceberg, romaine, red coral, radicchio, rocket)
- Spinach (baby and English)
- Broccoli (heads – 3/4 cup, stalks – 1/3 cup)
- Green beans
- Red and green bell peppers – 1/2 cup
- Eggplant / Aubergine – 1 cup
- Cabbage (common and red) – up to 3/4 cup
- Kale
- Sweet potato (kumara) – up to 75g or 1/2 cup
- Scallions / Spring onions – green part only
- Chives
- Pickled gherkins
- Pickled onions
- Pumpkin – up to 63g / canned 1/4 cup
- Olives
- Okra
- Turnip – 1/2 turnip
- Radish
- Brussels sprouts – 2 sprouts
- Leek leaves
- Choy sum
- Collard greens
- Fennel bulb (75g), leaves (15g)
- Snow peas – 5 pods
- Bok choy / Pak choy
- Butternut squash – 1/4 cup
- Marrow
- Cho cho – 1/2 cup
- Water chestnuts
- Beetroot, canned/pickled
- Sun-dried tomatoes – 4 pieces
- Silverbeet / Swiss chard
- Spaghetti squash
- Seaweed / Nori
- Water spinach
- Broccolini (heads – 1/4 cup, stalks – 3/4 cup)
- Celeriac
- Celery – less than 5cm
- Chickpeas – 1/4 cup
- Black beans – 1/4 cup
- Callaloo

## 🍓 Fruit (Most Common First)

- Banana, unripe – 1 medium
  - Strawberry – ~65g / 5 medium
  - Orange / Clementine / Mandarin
  - Blueberries – 1 cup
  - Kiwifruit – 2 small
  - Pineapple
  - Lemon / Lime (juice included)
  - Grapes – 10g
  - Papaya / Paw paw
  - Cantaloupe – 3/4 cup
  - Honeydew / Galia melons – 1/2 cup
  - Passionfruit
  - Raspberries – 1/3 cup
  - Coconut (flesh – 2/3 cup, cream – 1/4 cup, water – 100ml)
  - Cranberries – 1 tbsp / juice – 3/4 glass
  - Jackfruit – 1/3 cup
  - Dates – up to 5
  - Applesauce – 3/4 tsp
  - Guava, ripe
  - Prickly pear / Nopales
  - Lingonberries
  - Rhubarb
  - Carambola
- Dragon fruit
  - Bilberries
  - Breadfruit
  - Tangelo
  - Tamarind
  - Ackee



## 🍖 Meat, Poultry & Substitutes

- Chicken
- Turkey
- Beef
- Lamb
- Pork
- Deli meats (ham, turkey) – check ingredients
- Bacon / Chorizo / Prosciutto
- Quorn (mince)
- Foie gras
- Kangaroo



## 🐟 Fish & Seafood

- Canned tuna
- Salmon
- Cod / Haddock / Plaice / Trout / Tuna (fresh)
- Prawns / Shrimp
- Crab / Lobster / Mussels / Oysters (plain)

### TIPS

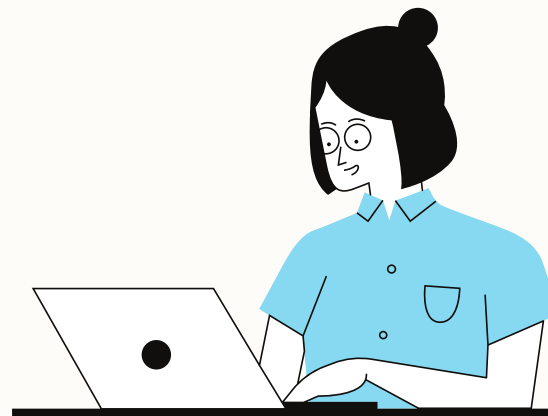
More information on FODMAPs is available at  
[www.lowfodmaphelper.com](http://www.lowfodmaphelper.com)

## Grains, Pasta, Breads, Nuts & Cereals

- White rice (all types: basmati, brown, bomba, wild)
- Gluten-free breads / wheat-free breads
- Gluten-free pasta
- Cornflakes – 1/2 cup
- Oats / oatmeal – 1/2 cup
- Quinoa
- Polenta
- Rice cakes / rice crackers
- Corn tortillas – 3 pieces
- Crackers (plain, oatcakes, cream crackers)
- Pasta, wheat – up to 1/2 cup cooked
- Bread, wheat – 1 slice
- Almonds – 10
- Peanuts
- Walnuts – 15 halves
- Pecans – 15 halves
- Macadamia nuts – 15
- Brazil nuts – up to 10
- Hazelnuts – 24
- Pine nuts
- Buckwheat / Buckwheat flour
- Chestnuts
- Sorghum

- Millet
- Cornflour / maize
- Potato flour
- Tapioca / Starch
- Popcorn / Chips (plain)
- Pretzels
- Biscuit (sweet, oat, plain) – check quantity
- Filo / puff pastry – 1 sheet or 1/4 sheet
- Mixed nuts – check portion
- Rice noodles / flakes / bran / flour
- Seeds: Chia, flax (1 tbsp), pumpkin, sesame, sunflower, hemp, poppy, dill, egusi

### TIPS



To help you determine the size of a low-FODMAP serving of different foods go to the online low fodmap food calculator at [www.lowfodmaphelper.com](http://www.lowfodmaphelper.com)



## Dairy & Eggs

- Eggs
- Lactose-free milk / yoghurt
- Greek yoghurt – 23g
- Goats yoghurt / Soy yoghurt – 38g
- Butter
- Cheese (most aged types):
  - Cheddar
  - Brie / Camembert
  - Feta / Goat / Paneer
  - Mozzarella
  - Swiss / Monterey Jack / Parmesan
  - Cottage – 2 tbsp
  - Ricotta – 2 tbsp
  - Cream cheese – 2 tbsp
- Tofu (firm, drained)
- Tempeh
- Sorbet
- Coconut yoghurt
- Almond / Macadamia / Hemp / Oat milk (30ml)
- Rice milk – up to 200ml
- Whipped cream
- Margarine
- Dairy-free pudding (chocolate)

## Condiments, Spreads, Sweeteners

- Peanut butter
- Almond butter
- Maple syrup
- Sugar / Glucose / Golden syrup – 1 tsp
- Ketchup (USA) – 1 sachet
- Tomato sauce (non-USA) – 2 sachets
- Jam (raspberry – 2 tbsp, strawberry)
- Dijon mustard / Yellow mustard
- Mayonnaise (no garlic/onion)
- Barbecue sauce – check ingredients
- Pesto – <1 tbsp
- Soy sauce / Tamari sauce
- Oyster sauce / Shrimp paste
- Fish sauce
- Vegemite / Marmite
- Saccharine / Stevia / Sucralose / Aspartame
- Chocolate: Dark – 5 squares/ Milk – 4 squares/ White – 3 squares
- Tahini paste – hulled 30g
- Tamarind paste
- Vinegars: Apple cider, balsamic, rice wine – 2 tbsp
- Worcestershire sauce – low FODMAP in small amounts
- Erythritol / Glycerol – can be tolerated
- Miso paste
- Sweet and sour sauce
- Rice malt syrup
- Capers (salted or in vinegar)
- Chutney – 1 tbsp
- Sriracha – 1 tsp

## Drinks & Protein Powders

- Water
- Coffee (regular/decaf): black or with 250ml lactose-free milk
- Tea (black, green, peppermint, chai, white)
- Fruit juice (125ml, low FODMAP fruits only)
- Lemonade (low amount)
- Coconut milk – 125ml
- Protein powders:
  - Whey isolate
  - Rice protein
  - Egg protein
  - Sacha Inchi protein
  - Soy protein (not whole soy)
- Alcohol (limit): beer, wine, vodka, gin, whiskey
- Soda (sugar-free or sugar-containing) – limit quantity, avoid HFCS
- Kvass



### TIPS

**Double-check labels on processed foods—some may contain hidden high-FODMAP ingredients.**

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## Herbs, Spices & Cooking Ingredients

- Herbs: Basil, parsley, coriander, mint, thyme, rosemary, oregano, curry leaves, lemongrass, sage, tarragon, pandan, rampa, fenugreek
- Spices:
  - Black pepper
  - Cinnamon
  - Cumin
  - Chili powder (check no garlic)
  - Turmeric
  - Paprika
  - Cardamom
  - Nutmeg
  - Fennel seeds
  - Cloves
  - Mustard seeds
  - Asafoetida (onion substitute)
- Oils: Olive, coconut, avocado, canola, sunflower, sesame, peanut, rice bran
- Garlic / Onion infused oils (low FODMAP-friendly)
- Baking powder / Baking soda
- Cocoa / Cacao powder
- Ghee – 1 tbsp
- Gelatine
- Salt / Icing sugar
- Maca, Matcha, Acai, Mango powder – 1 tsp
- Nutritional yeast
- Cream – 2 tbsp
- Lard

## High-FODMAP Foods (foods to avoid)

### Vegetables and Legumes (Most Common First)

- Garlic (and garlic salt, garlic powder) – avoid completely
- Onions (and onion powder, small pickled onions) – avoid completely
- Mushrooms
- Cauliflower
- Celery (more than 5cm stalk)
- Leek bulb
- Scallions / Spring onions (white part)
- Asparagus
- Beetroot, fresh
- Artichoke
- Pickled vegetables
- Mixed vegetables
- Sugar snap peas
- Mange tout
- Falafel
- Baked beans
- Black eyed peas
- Broad beans
- Butter beans
- Kidney beans
- Red kidney beans (over 85g)
- Haricot beans
- Lima beans
- Soybeans / Soya beans
- Split peas
- Mung beans
- Taro
- Choko
- Savoy cabbage (over ½ cup)
- Kelp / Kombu

### Fruits (Most Common First)

- Apples (any variety, including Granny Smith and Pink Lady)
- Pears
- Mango
- Watermelon
- Avocados
- Bananas, ripe
- Plums
- Peaches
- Nectarines (over ½)
- Cherries
- Blackberries
- Figs
- Apricots
- Grapefruit (over 80g)
- Raisins (over 1 tbsp / 13g)
- Sultanas
- Prunes
- Pineapple, dried
- Lychee
- Custard apple
- Feijoa
- Pomegranate
- Currants
- Boysenberry
- Sea buckthorns
- Tamarillo
- Guava, unripe
- Juniper berry, dried
- Pawpaw, dried
- Tinned fruit in apple/pear juice
- Persimmon

## Cereals, Grains, Breads, Pasta, Nuts, and Cakes (Most Common First)

- Bread (wheat, more than 1 slice)
- Pasta (wheat-based, over ½ cup cooked)
- Muffins
- Cakes
- Biscuits / Cookies (e.g., chocolate chip)
- Breadcrumbs
- Cereal bars (wheat-based)
- Wheat noodles
- Egg noodles
- Udon noodles
- Crumpets
- Wheat flour
- Wheat bran / germ
- Wheat cereals
- Wheat rolls
- Granary / Multigrain bread
- Naan
- Roti
- Sourdough with kamut
- Oatmeal bread
- Pumpernickel bread
- Couscous
- Semolina
- Gnocchi
- Freekeh
- Muesli cereal
- Muesli bars
- Granola bars
- Almond meal
- Amaranth flour
- Barley (including flour)
- Rye and rye crispbread
- Spelt flour
- Chestnut flour
- Einkorn flour
- Pistachios
- Cashews

## Condiments, Dips, Sweeteners, and Spreads (Most Common First)

- Honey
- High fructose corn syrup (HFCS)
- Hummus / Houmous
- Agave
- Gravy (if contains onion)
- Pesto
- Jam (mixed berry, or with HFCS)
- Relish / Pickle
- Quince paste
- Tzatziki dip
- Wasabi
- Caviar dip
- Molasses
- Fruit bar
- Stock cubes
- Sugar-free sweets with polyols (ending in -ol)
- Sweeteners and their E numbers:
  - Sorbitol (E420)
  - Mannitol (E421)
  - Maltitol (E965)
  - Isomalt (E953)
  - Xylitol (E967)
  - Lactitol (E966)
- Inulin

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## Dairy Foods (Most Common First)

- Milk (cow, goat, sheep, evaporated)
- Yoghurt
- Cheese (ricotta)
- Ice cream
- Gelato
- Cream
- Custard
- Buttermilk
- Sour cream (over 2 tbsp)
- Kefir



### **Can I go back to eating my favorite foods?**

*Yes, ideally! The goal is to reintroduce them, but if you notice any negative reactions, you might need to explore alternatives. Many people find they feel better by limiting or avoiding certain high-FODMAP foods.*

### **Do I have to follow a low-FODMAP diet forever?**

*Not at all! The goal is to return to a normal diet after completing the elimination and reintroduction phases. However, if you still react to certain FODMAPs, you may need to adjust your diet accordingly.*

## Meats, Poultry, and Substitutes

- Sausages (check for garlic/onion)
- Chorizo (if garlic added)

## Drinks and Protein Powders (Most Common First)

- Fruit juices (apple, pear, mango-based, or large amounts)
- Orange juice (over 100ml)
- Kombucha
- Sodas with HFCS
- Black tea with soy milk
- Herbal teas (especially strong versions: fennel, dandelion, chamomile, oolong, chai)
- Protein powders:
  - Whey protein (concentrate or hydrolyzed) unless lactose-free
- Quinoa milk
- Soy milk (made from soybeans, often found in USA)
- Rum
- Beer (over 1 bottle)
- Wine (over 1 glass)
- Sports drinks
- Cordials with high fruit content
- Meal replacement drinks (e.g., Ensure, Slim Fast)

## Prebiotic Additives (Commonly Hidden in Foods)

- Inulin
- FOS (Fructooligosaccharides)
- Oligofructose

## Phase 3: Personalization



This is the phase where all your hard work truly pays off. By now, you've identified which FODMAP groups cause symptoms and which don't – and it's time to build a lifestyle that suits your body and your taste buds.

### ✓ Reclaim Food Freedom

You no longer need to avoid all high-FODMAP foods. Instead, you'll use your newly gained insight to reintroduce safe foods and moderate the ones that trigger discomfort. This allows for more flexibility, enjoyment, and variety in your diet.

### 🍴 Create a Tailored Eating Plan

Keep a balanced and nutritious diet by incorporating as many tolerated foods as possible from all food groups.

You might discover that you're sensitive only to large amounts of certain FODMAPs – so small servings may be fine.

Many people can reintroduce a wide range of foods they initially thought were off-limits.



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### 🧠 Listen to Your Body

Your tolerance may improve over time as your gut heals and your microbiome adapts.

Track your symptoms periodically and stay mindful of how you feel after meals.

Be open to re-testing foods that previously caused mild symptoms. and your overall wellbeing.

### 🔄 Make It Sustainable

Personalization isn't a strict set of rules – it's a flexible, long-term strategy.

Eating out, traveling, or socializing becomes easier when you know exactly which foods to avoid, and which you can enjoy without stress.

Continue to experiment gently, trying new foods or reintroducing old ones in small quantities.

### ❤️ Live Well, Eat Well

The ultimate goal is to maximize variety and enjoyment without triggering symptoms. You are now empowered with the knowledge and experience to make choices that support both your gut health and your overall wellbeing.



# LIVING THE LOW-FODMAP LIFESTYLE



Gut-Friendly Life

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## Lifestyle

A healthy gut isn't just about what's on your plate—it's about how you live your life. The Low-FODMAP diet has helped countless people ease symptoms of IBS and other digestive issues, but the real magic happens when you make it part of your daily lifestyle. So, let's take a friendly stroll through some simple but powerful ways to support your gut every day.



### Eat With Awareness: Mindful Eating Habits

Let's start at the table. Eating isn't just about fuel— it's a whole-body experience. Slow down, chew

thoroughly, and enjoy smaller, more frequent meals throughout the day. This gentle approach gives your digestive system time to process your food without stress.

And remember: even low-FODMAP foods can cause issues if you eat too much at once. Balance is key. Just because something is labeled "safe" doesn't mean you should pile it sky-high on your plate.

## Make Smart Swaps (Your Gut Will Thank You)

One of the hardest parts of following a low-FODMAP lifestyle is giving up flavors you love—like garlic and onions. But don't worry, you don't have to eat bland food! Try garlic-infused oil for that savory kick, or use the green parts of scallions and chives for onion-like flavor without the FODMAP fallout.

Fruit lovers, take note: while apples and watermelon may trigger symptoms, strawberries, oranges, or an unripe banana can hit the sweet spot without upsetting your gut.

## Out and About: Gut-Friendly Travel & Dining

Eating out or traveling doesn't have to mean gut trouble. A little preparation goes a long way. Before heading to a restaurant, check the menu online and look for simple options like grilled meat or fish, rice, and low-FODMAP vegetables.

And when you're on the go, keep your gut-safe favorites close: rice cakes, macadamia nuts, or lactose-free yogurt are easy, portable choices.



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## Personalize Your Path to Gut Health

No two guts are the same. That's why the Low-FODMAP diet is built around a three-phase approach: elimination, reintroduction, and personalization. By carefully testing your response to certain foods, you'll uncover your unique triggers and avoid unnecessary restrictions.

Want to do it right? Partner with a registered dietitian who understands the FODMAP protocol. They'll help you maintain balanced nutrition and avoid common pitfalls.

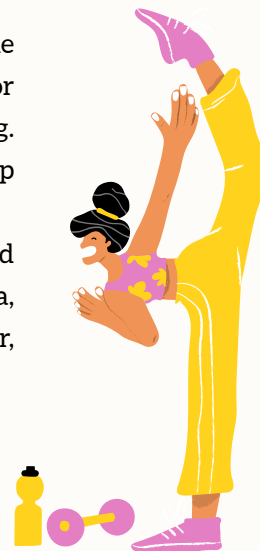
## Bonus Gut Boosters: Move More, Sip Smart

Don't underestimate the power of gentle movement. A daily walk, some light stretching, or yoga can stimulate digestion and reduce bloating. You don't need a hardcore workout—just keep moving.

And stay hydrated! Skip the fizzy sodas and choose soothing sips like peppermint or ginger tea, or simply plain water. Your gut will feel calmer, lighter, and more balanced.

### TIPS

Head to the [lowfodmaphelper](http://lowfodmaphelper.com) page for over 100 delicious low-FODMAP recipes.





## Drinks: What's Safe, What's Not

### Alcohol

Yes, you can enjoy alcohol on a Low FODMAP diet—but, as with most things, moderation is key. While alcohol can be a trigger for IBS, some options are considered safe. Stick to clearer choices like wine, beer, gin, vodka, whiskey, or cocktails made with club soda, diet soda, or cranberry juice. Just keep an eye on portion sizes and how your body reacts.

### Coffee

Coffee can be a bit harsh on sensitive stomachs, but it's still Low FODMAP-friendly when consumed wisely..

Go for black coffee or espresso, and skip the milk or cream, which often contain lactose. A small cup in the morning might be just fine—just listen to your gut.



### Tea

Tea lovers, rejoice! Black tea, green tea, and rooibos are all Low FODMAP and generally well-tolerated. However, it's best to avoid chamomile, oolong, and certain herbal teas, as they may trigger symptoms.



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## Hidden FODMAPs

Don't let hidden FODMAPs sneak into your diet! They often hide in unexpected places like:

Spice blends  
Chewing gum  
Bottled beverages  
Condiments (watch for high fructose corn syrup!)  
Packaged snacks



Become a label detective! Many high-FODMAP ingredients hide behind complex scientific names. Keep your FODMAP guide handy when shopping to:

- Quickly spot problematic ingredients
- Make safer choices
- Simplify your grocery trips

## Final Thoughts

Living a gut-friendly lifestyle isn't about rigid rules—it's about tuning in to your body and treating it kindly. The Low-FODMAP approach gives you the tools, but it's your awareness, habits, and daily choices that bring the real transformation.

You've got this. One mindful bite, one smart swap, one calm breath at a time—your gut will thank you.



Remember: When in doubt, check it out with the online [low FODMAP diet calculator](http://www.lowfodmaphelper.com) from ,ow fod map helper website ! A quick label check can save you from unwanted symptoms later.

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