



# Low FODMAP diet tips for eating out

Eating out on the low-FODMAP diet can be a challenge, but you shouldn't have to miss out!

**Take these simple steps to take the stress out of eating out:**

1. Look up the menu beforehand and see if there is anything that looks suitable.
2. If nothing looks appropriate - call the venue and kindly let them know what you need.

*For example:* Ask for a wheat and dairy-free meal with no onion/garlic. If there is a dish on the menu that only needs 1-2 modifications they may be able to accommodate this, and many venues will be more than willing to create something simple for you!

3. Ask for sauce on the side – request simple flavours e.g. lemon juice, olive oil.
4. Have the MONASH FODMAP app handy at the meal.
5. Don't be afraid to ask questions or request simple substitutes.
6. Aim to eat strictly low-FODMAP the day prior to eating out.
7. If you don't take any of the steps above and choose something containing FODMAPs – don't stress out! Enjoy what you eat, just be prepared for any potential consequences.
8. If travelling to a foreign country, have your dietary needs written on a card in the local language that you can share with the restaurant, to make communication easier.

## **Gluten-free doesn't mean low-FODMAP**

Gluten is a protein found in wheat, rye, barley and oats. This means that gluten-free products often don't contain the fermentable sugars that are normally found in wheat, rye and barley products (fructans). Gluten-free products are thus often safe. However, they may contain other high-FODMAP ingredients, so check the ingredients list if you can.



The following are some common meals that are low-FODMAP or can usually be modified slightly to be safe. Be aware that onion and garlic are found in a variety of meals.

### **Breakfast**

- Gluten-free/sourdough bread + suitable toppings e.g. peanut butter, cheese.
- Gluten-free/sourdough bread + poached/fried eggs with tomatoes, spinach.
- Omelette with low-FODMAP fillings and no milk/onion/flour.
- Porridge with lactose free-milk and maple syrup to sweeten.

### **Main meals**

- Plain grilled steak/chicken/fish with roast or boiled potatoes and low-FODMAP vegetables/salad.
- Pizza on a gluten-free base with a scrape of tomato paste/passata and low-FODMAP toppings (e.g. plain meat, hard cheese, tomatoes, capsicum, olives).
- Gluten-free pasta with plain meat and tomatoes with olive oil, chilli, herbs, parmesan and pepper.
- Simple stir-fry flavoured with low-FODMAP sauce (soy, oyster), herbs/chilli with boiled rice and no onion/garlic.
- Curry on coconut milk with no onion/garlic.
- Antipasto plate (no artichoke) or cheese platter with gluten-free crackers or bread.
- Natural oysters, prawns or scallops.
- Rice paper rolls or sushi with plain meat and low-FODMAP ingredients.
- Yiros/kebab on gluten-free wrap with plain meat and low-FODMAP salad ingredients. Avoid garlic sauces.
- Baked potato with bacon/ham, cheese and low-FODMAP salad/vegetables.
- BBQ chicken (skin-off) with roast potato/hot chips.
- Gluten-free burger bun or 2 slices sourdough with plain lean meat or egg, cheese and suitable salad.
- Salad built with low FODMAP ingredients (e.g. baby spinach, rocket, carrot, capsicum, and tomato), with brown rice/quinoa and few nuts/seeds, feta and dressing of olive oil and lemon or balsamic vinegar.