

# FODMAP FOOD GUIDE

For Future Use if Digestive Symptoms Return

*This guide is provided as a reference tool for the future. Since your digestive health is currently excellent, keep this handy in case you ever experience digestive symptoms and want to investigate whether certain foods might be contributing.*

## ✿ When to Consider Using This Guide

**Use this approach if you experience:**

- Return of bloating or gas after meals
- Irregular bowel movements
- Changes in your digestive patterns

**Current Status:** Your digestive health is good - this is for future reference only!

## Phase 1: FODMAP Elimination Trial (Weeks 1-3)

Only use if digestive symptoms develop

### Getting Started

**PRIORITY:** If you decide to try this approach, follow strictly for 3 weeks

1. **Eliminate ALL high-FODMAP foods** while maintaining your essential meal timing structure:
  - Breakfast: Within 1.5 hours of waking
  - Morning snack: 2-3 hours after breakfast
  - Lunch: 2-3 hours after morning snack
  - Afternoon snack: 2-3 hours after lunch
  - Dinner: 2-3 hours after afternoon snack
2. **Modified Hormone Plate** (Low-FODMAP version):
  - 1/2 plate: Low-FODMAP vegetables (carrots, zucchini, bell peppers, spinach, bok choy)
  - 1/4 plate: Quality protein - aim for 20-30g at each meal
  - 1/8 plate: Low-FODMAP complex carbohydrates (rice, quinoa, potatoes)
  - 1/8 plate: Healthy fats (olive oil, small amounts of almonds/walnuts)
3. **Continue including** (in FODMAP-safe portions):
  - Protein: 20-30g at every meal
  - Omega-3 fatty acids: fatty fish, small amounts of walnuts (avoid tuna due to your sensitivity)
  - B vitamins: from low-FODMAP sources (spinach, rice, eggs)
  - Magnesium: spinach, small amounts of almonds
  - Zinc: meat, poultry, small amounts of pumpkin seeds

## ● LOWER FODMAP FOODS

Choose these foods during elimination phase

### Proteins (Essential for every meal/snack)

- **Fish:** Salmon, mackerel, sardines, cod, trout (avoid tuna due to your reflux sensitivity)
- **Poultry:** Chicken, turkey (plain, not processed)
- **Meat:** Beef, lamb, pork (fresh cuts, not processed) (remember you get constipated with too much meat in a row)
- **Eggs:** All forms - scrambled, boiled, poached
- **Tofu:** Firm tofu (limit to 170g serves)
- **Tempeh:** Small amounts (60g serves)

### Vegetables (Aim for variety & 3-5 serves daily)

- **Leafy Greens:** Spinach, lettuce, arugula, kale (small amounts)
- **Root Vegetables:** Carrots, parsnips, turnips, radishes
- **Others:** Cucumber, tomatoes, bell peppers (red/yellow), zucchini
- **Asian Vegetables:** Bok choy, bean sprouts, bamboo shoots
- **Herbs:** Fresh basil, oregano, parsley, chives, coriander

### Fruits (1-2 serves daily)

- **Berries:** Strawberries (5 berries), blueberries (¼ cup), raspberries (30 berries)
- **Citrus:** Oranges (1 medium), lemons, limes (small amounts for flavour)
- **Others:** Grapes (1 cup), kiwi (1 medium), pineapple (⅓ cup)
- **Banana:** 1 medium (yellow, not overripe)

### Grains & Starches (Include with meals for steady energy)

- **Rice:** White rice, brown rice, rice cakes, rice crackers
- **Quinoa:** Cooked quinoa (¾ cup serves)
- **Oats:** Rolled oats, steel-cut oats (½ cup dry)
- **Gluten-Free Options:** Rice pasta, rice noodles
- **Potatoes:** Regular potatoes, sweet potatoes (small serves)

### Fats (Important for Gilbert's syndrome)

- **Oils:** Olive oil, rice bran oil, coconut oil
- **Nuts & Seeds:** Almonds (10 nuts), walnuts (10 halves), chia seeds (2 tbsp)
- **Other:** Small amounts of butter, coconut cream

### Dairy Alternatives

- **Lactose-Free:** Lactose-free milk, yogurt, cheese
- **Plant-Based:** Rice milk, coconut milk, almond milk (small amounts)

## ● HIGHER FODMAP FOODS

Avoid these during elimination phase

### Fruits to Avoid

- Apples (large amounts), pears, stone fruits (large amounts)
- Watermelon, cherries, dates, dried fruits
- Fruit juices, coconut water

### Vegetables to Avoid

- **Alliums:** Onions, garlic, leeks, shallots, spring onions
- **Cruciferous (large amounts):** Broccoli, cauliflower, cabbage, Brussels sprouts
- **Others:** Artichokes, asparagus, sugar snap peas, snow peas
- **Legumes:** Chickpeas, lentils, kidney beans, black beans

## Grains to Avoid

- **Wheat-based:** Regular bread, pasta, crackers, cereals
- **Rye & Barley:** Including bread, crackers, beer

## Dairy to Avoid

- **High Lactose:** Regular milk, soft cheeses, ice cream, yogurt
- **High Fat:** Cream, full-fat dairy products

## Sweeteners to Avoid

- **High FODMAP:** Honey, agave, high-fructose corn syrup
- **Sugar Alcohols:** Sorbitol, mannitol, xylitol (in sugar-free products)

## Phase 2: Systematic Reintroduction (Weeks 4-5)

Test foods one group at a time

### Follow this structured approach:

- Test ONE FODMAP group every 2 days
- Monitor symptoms for 48 hours after each test
- Record tolerance levels for each food group
- Maintain low-FODMAP base diet throughout testing

### Reintroduction Order:

1. **Days 1-2:** Test Fructans (small amount of onion or garlic)
2. **Days 4-5:** Test Lactose (regular milk or cheese)
3. **Days 7-8:** Test Galactans (chickpeas or lentils)
4. **Days 10-11:** Test Polyols (apple or stone fruits)
5. **Days 13-14:** Test Excess Fructose (larger apple portion)

## Phase 3: Personalised Plan Development (Week 6+)

Create your individual approach

### Based on your results:

- Include well-tolerated FODMAPs regularly
- Limit or avoid problematic FODMAPs
- Maintain Gilbert's syndrome meal timing
- Continue hormone-supporting nutrition principles

## 💡 Important Reminders for Future Use

### Gilbert's Syndrome Support:

- Maintain 2-3 hour gaps between meals
- Continue your 1.5L+ daily water intake
- Include healthy fats with meals
- Don't fast longer than 12 hours

### Your Personal Sensitivities to Remember:

- **Avoid tuna** - you consistently get reflux
- **Monitor meat intake** - too much in a row causes constipation
- **Maintain work-life balance** - stress affects your digestion

### When to Contact Me:

- If symptoms don't improve after 3 weeks of elimination

- If you need help interpreting reintroduction results
- If you'd prefer SIBO testing instead of the dietary trial
- Any questions about the process

### ✿ Current Status Reminder

**You're doing amazingly well right now!** This guide is simply a tool for your future toolkit. Your current approach of balanced eating, regular meal timing, and listening to your body is working perfectly. Only use this guide if digestive symptoms return and you want to investigate potential food triggers.

### Keep up your excellent work with:

- Regular meal timing for Gilbert's syndrome
- Balanced nutrition
- Adequate hydration
- Stress management
- Work-life balance

Remember: This is a reference tool for the future, not something you need to use now while you're feeling great!

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