

It often feels overwhelming when you find out it is medically necessary to change your diet. Food is intertwined in our lives in so many ways and suddenly your dietitian or doctor asks you to try the low FODMAP diet. While you may receive some education on the topic and understand the basics, the challenge of putting this diet into practice does not evade you. Follow this step-by-step guide to make low FODMAP meal planning a no-brainer!

STEP:	ACTION:	NOTES:																				
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	<ul style="list-style-type: none"> If the food is high FODMAP but only when a certain serving size is consumed (i.e. no more than 1/8 of an avocado per sitting), then use a separate highlighter color for that food. 									
<p style="text-align: center;">4</p> <p style="text-align: center;">MAKE SMART SWAPS</p>	<ul style="list-style-type: none"> After reviewing the highlighted foods, think of appropriate swaps that are low FODMAP foods. This is a good time to whip out the low FODMAP food list for inspiration: <ul style="list-style-type: none"> Low FODMAP food list Monash University phone app 	<p>Example:</p> <table border="1"> <tr><td>with creamer</td><td></td></tr> <tr><td>Sliced turkey on GLUTEN FREE BREAD with Swiss cheese, lettuce, tomato, SPROUTS and mustard.</td><td>1</td></tr> <tr><td>Side of RICE CRACKERS with 1tbsp PEANUT BUTTER</td><td>1</td></tr> <tr><td>Pasta with marinara sauce</td><td>1</td></tr> </table>	with creamer		Sliced turkey on GLUTEN FREE BREAD with Swiss cheese, lettuce, tomato, SPROUTS and mustard.	1	Side of RICE CRACKERS with 1tbsp PEANUT BUTTER	1	Pasta with marinara sauce	1
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<p style="text-align: center;">5</p> <p style="text-align: center;">FOLLOW YOUR MEAL PLAN FOR >2 WEEKS</p>	<ul style="list-style-type: none"> Use these meals and snacks over the next few weeks. Limiting your options helps improve adherence to the diet. Thereafter, consider recreating new ideas for your meal plan. Keep in mind that the low FODMAP elimination diet is not intended to be followed more than 8 weeks. You may slightly modify the plan or completely edit it depending on your desire for variation. 	<p>Example:</p> <table border="1"> <tr><td>with creamer</td><td></td></tr> <tr><td>Tuna salad on GLUTEN FREE BREAD with Cheddar cheese, spinach, tomato, SPROUTS and cucumber.</td><td>1</td></tr> <tr><td>Side of RICE CRACKERS with 1tbsp Almond BUTTER</td><td>1</td></tr> <tr><td>Pasta with marinara sauce</td><td>1</td></tr> </table>	with creamer		Tuna salad on GLUTEN FREE BREAD with Cheddar cheese, spinach, tomato, SPROUTS and cucumber.	1	Side of RICE CRACKERS with 1tbsp Almond BUTTER	1	Pasta with marinara sauce	1
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For more tips and tricks to support digestive health, connect with me on [Facebook](#), [Twitter](#), and [Pinterest!](#)