

Tips For Low FODMAP Diet and Digestive Strategies:

Digestive Strategies:

- Choose cooked vegetables more often than raw vegetables
- Choose fatty fish like salmon or mackerel more often
- Include healthy fats from fish, nuts or seeds
- Include digestive teas like peppermint or fennel
- Chew food more thoroughly. Digestion begins in the mouth!
- Eat slowly
- Eat less inflammatory foods like pork and beef
- Eat 3 to 4 meals through the day, spaced out. Do not graze
- Reduce caffeine by switching to decaf or half caffeinated coffee
- Reduce caffeine by drinking decaf tea
- Reduce or eliminate alcohol
- Stop, or reduce smoking
- Stop chewing gum or drinking out of a straw as it puts air in your stomach
- Include good exercise for digestion, like walking or yoga
- Include stress coping activities like meditation or journaling

Similar Foods You Can Swap:

Instead of focusing on what to cut out, focus on what to choose. Here are some examples:

- Choose bananas instead of apples
- Choose oranges instead of pears
- Choose strawberries instead of blackberries
- Choose cantaloupe instead of watermelon
- Choose green beans instead of snow peas
- Choose carrot instead of cauliflower
- Choose kale instead of cabbage

- Choose garlic infused oil instead of garlic
- Choose fennel instead of onion
- Choose sour dough bread instead of multigrain bread
- Choose walnuts instead of cashews
- Choose lactose-free yogurt instead of regular yogurt
- Choose firm tofu instead of soft tofu