

# Your Health Education

## FODMAP Menue

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Gluten Free Chex, brown rice crispies or other gluten free cereal of choice.</li> <li>• Lactose free, Almond Milk or Coconut Milk.</li> <li>• Coffee with lactose free milk, almond milk or coconut milk and sugar. (avoid commercial creamers and soy or milk based ones) crispies or other gluten free cereal of choice.</li> </ul>	<ul style="list-style-type: none"> <li>• Gluten-Free Bread with natural sunflower butter.</li> <li>• Banana.</li> </ul>	<ul style="list-style-type: none"> <li>• Egg omelet filled with baby spinach, red pepper and cheddar cheese.</li> <li>• Cantaloupe.</li> </ul>	<ul style="list-style-type: none"> <li>• Lactose free yogurt</li> <li>• Berries.</li> <li>• Naked Vanilla Almond Granola.</li> </ul>	<ul style="list-style-type: none"> <li>• Lactose Free Smoothie.</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Tuna, egg or Chicken Salad.</li> <li>• Nut Thins or gluten free cracker.</li> <li>• Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• Work meal:               <ul style="list-style-type: none"> <li>&gt; Meat- not fried.</li> <li>&gt; Cooked vegetable.</li> <li>&gt; Rice.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Work meal:               <ul style="list-style-type: none"> <li>&gt; Lunch meat and cheese roll ups.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Club on gluten free bread.</li> <li>• Potato Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Tortilla with cheddar cheese quesadillas.</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Pork Chop.</li> <li>• Brown Rice.</li> <li>• Green Peas.</li> <li>• Red Pepper Strips.</li> </ul>	<ul style="list-style-type: none"> <li>• Rice pasta tossed with fresh chopped tomatoes, and fresh basil.</li> <li>• Chicken, baked.</li> <li>• Sautéed zucchini.</li> </ul>	<ul style="list-style-type: none"> <li>• Steak or Hamburger .</li> <li>• Mash Potatoes (made with lactose free milk).</li> </ul>	<ul style="list-style-type: none"> <li>• Stuffed Red Peppers.</li> <li>• Beef, pork with rice/quinoa, seasoning without garlic.</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken or salmon.</li> <li>• Baked potato with skin (butter optional).</li> <li>• Sautéed spinach and red peppers seasoned with green part of spring onion, salt, pepper, handful of pine nuts, and olive oil.</li> <li>• Kiwifruit.</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Rice cakes with topping (feta cheese, sunflower butter, cream cheese).</li> </ul>	<ul style="list-style-type: none"> <li>• Gluten free pretzels.</li> </ul>	<ul style="list-style-type: none"> <li>• Trail mix*.</li> </ul>	<ul style="list-style-type: none"> <li>• Lactose free cottage cheese.</li> <li>• ½ cup pineapple canned.</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese stick.</li> <li>• Cherry Tomato.</li> </ul>

*\*Smoothie: 1/2 cup fresh or frozen blueberries, 2 tablespoons flaked coconut, 2 tablespoons fresh lime juice, 4 ounces plain nonfat lactose free yogurt (I used Green Valley), 2 tablespoons water, Ice if using fresh blueberries (about 6 cubes or more depending on desired thickness)*

*\*1 cup pretzel sticks (FODMAP followers use Snyders gluten free pretzels), 1/4 cup pumpkin seeds, 1/4 cup dark or semi-sweet chocolate chips (Chocolate remains untested for FODMAPs so try small amounts to assess tolerance), 1/2 cup banana chips*