

Low FODMAP Restaurant Cheat Sheet

Before You Go

- Check menu online for simple protein + veg options
- Call ahead if strict allergen needs are required
- Eat a small low-FODMAP snack so you aren't starving

What to Say to Servers

"I have food intolerances to garlic, onion, and wheat."

Questions to Ask:

- "Does the marinade contain garlic or onion powder?"
- "Is the sauce made in-house or pre-made?" (Pre-made often has hidden ingredients)
- "Can I get this grilled plain with just salt, pepper, and olive oil?"

Safe Bets by Cuisine

Italian

- **YES:** Grilled fish/chicken, Risotto (check broth), Caprese salad, Polenta
- **NO:** Regular pasta, Garlic bread, Cream sauces, Risotto with onion

Thai

- **YES:** Pad Thai (no garlic), Rice noodle soups, plain rice
- **NO:** Curry pastes (often have shallots/garlic), Pre-mixed stir fry sauces

Mexican

- **YES:** Corn tortillas, Grilled meats, Plain rice, Small amount of guac
- **NO:** Flour tortillas, Refried beans (lard/onion), Sour cream

Steakhouse/American

- **YES:** Grilled steak/salmon (plain), Baked potato, Steamed veggies
- **NO:** Seasoned fries, Creamed spinach, Coleslaw (high fructose corn syrup)

"Red Flag" Words

- **Sauces:** Glaze, Reduction, House Sauce, Marinated
- **Texture:** Breaded, Crusted, Creamy, Au Gratin, Battered