

# Avocado, Nuts, and Oils Portion Audit

Use this before deciding a plant fat is off-limits.

## Step 1: Name the Food

- Avocado:
- Nuts:
- Nut butter:
- Seeds:
- Oil or dressing:
- Other:

## Step 2: Name the Context

- Was the meal large?
- Was it eaten quickly?
- Was it late?
- Was coffee, alcohol, carbonation, or sugar-free gum involved?
- Was constipation or diarrhea already active?

## Step 3: Route the Symptom

Symptom	More likely lens
Burning or regurgitation	Reflux pattern
Early fullness or nausea	Upper-gut fullness pattern
Lower-belly gas	FODMAP, fiber, or volume
Urgency	Fat load, caffeine, polyols, or bowel pattern

## Step 4: Next Test

Change only one lever:

- smaller portion
- simpler meal
- earlier timing
- less added oil
- no product swaps
- repeat once before deciding