

Restriction-Risk Conversation Card

Use this before starting or restarting strict low FODMAP if food fear, eating-disorder history, ARFID concerns, under-eating, weight concern, or over-tracking is part of the picture.

Pause signs

- The safe-food list keeps shrinking.
- Meals are skipped to prevent symptoms.
- Tracking increases fear instead of clarity.
- Weight, body shape, or rules are driving food choices.
- Social eating, school, work, or relationships are narrowing.
- A teen, pregnancy/postpartum reader, athlete, or medically complex reader is considering restriction without care-team support.

Safer first questions

- Is there a red flag or medical test question?
- Is constipation, diarrhea, reflux, stress, hydration, or medication timing the louder issue?
- Can we stabilize meals before changing ingredients?
- Can we track symptoms without tracking every bite?

Care-team questions

- Is strict low FODMAP appropriate for me right now?
- Can we use a modified or shorter approach?
- How will we protect nutrition and food flexibility?
- What would make us stop or change the plan?