

# Low FODMAP Shared Meal Swap Card

Use this card when one person in the household needs low-FODMAP structure and everyone else still wants a normal shared meal.

## 1. Pick One Shared Base

Choose a base that can work for the low-FODMAP portion before extras are added.

Base layer	Simple options
Protein	Plain chicken, fish, eggs, firm tofu, tempeh, tolerated cheese, or another app-checked protein
Starch	Rice, potatoes, quinoa, rice noodles, oats, corn tortillas, or another checked base
Vegetable	Carrot, cucumber, lettuce, spinach, green beans, zucchini, tomato, or another checked serve
Flavor	Salt, pepper, herbs, lemon, vinegar, garlic-infused oil, or a checked sauce

## 2. Remove The Low-FODMAP Portion First

Before onion, garlic, beans, regular sauces, wheat-based sides, or other higher-FODMAP extras go into the pan, plate the low-FODMAP portion or move it to a separate container.

## 3. Add Family Extras Separately

Use small bowls, side pans, or table add-ons:

- sauteed onion or garlic for others
- beans, lentils, mushrooms, or cauliflower for others
- regular bread, wraps, pasta, or sauces for others
- spicy sauce, creamy sauce, or mixed toppings for others

## 4. Check Sauces And Packaged Helpers

Before using a shared sauce, broth, marinade, seasoning mix, or packaged shortcut, check for common FODMAP watch words:

- onion or garlic, including powder
- inulin or chicory root fiber
- fructooligosaccharides or FOS
- galactooligosaccharides or GOS
- honey, high-fructose syrup, or polyols when relevant

## 5. Keep The Protocol Moving

This card is not meant to keep the household in strict restriction forever.

- Step 1: keep the base simple enough to calm the symptom signal.
- Step 2: reintroduce one FODMAP group at a time with support.
- Step 3: personalize so tolerated foods can come back where possible.

If symptoms are severe, weight is dropping, eating feels unsafe, or a child needs low-FODMAP changes, work with a qualified clinician or dietitian.