

FODMAP Stacking Troubleshooting Checklist

Use this checklist when a meal looked low FODMAP on paper but still triggered symptoms.

How to Use This Checklist

1. Review the meal that caused symptoms.
 2. Check portions, timing, and repeat snacking before assuming the food itself was the problem.
 3. Note other symptom confounders like stress, poor sleep, constipation, restaurant meals, or menstrual-cycle shifts.
 4. Use the next meal or next day as a simpler test rather than cutting out more foods immediately.
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Meal Review

- **Meal or snack:** _____
 - **Date / time:** _____
 - **Symptoms that followed:** _____
 - **How long after eating did symptoms start?** _____
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Before You Blame the Food

- Was this a restaurant meal or packaged food with unclear ingredients?
 - Did I combine several green or near-limit serves in one sitting?
 - Did I snack again within 2-3 hours?
 - Did I have multiple fruit serves close together?
 - Was I grazing all day instead of spacing meals?
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Confounders to Check

- High stress or anxiety that day
 - Poor sleep the night before
 - Constipation or slowed bowel movements
 - Alcohol or unusual caffeine intake
 - Travel, schedule disruption, or eating out
 - Menstrual-cycle symptom flare
 - Other notes: _____
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What to Try Next

- Repeat the meal with fewer borderline foods
 - Leave a longer gap before the next snack
 - Use more plain protein, rice, potato, eggs, or clearly low-FODMAP vegetables
 - Keep a quick food and symptom note for the next 24 hours
 - If symptoms still happen with simple meals, move to broader troubleshooting
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My Working Conclusion

- Likely stacking
- Likely hidden ingredient
- Likely stress / gut-brain trigger
- Unclear - need another low-noise test
- Not likely food-related - consider broader troubleshooting

Notes

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