

Hidden FODMAP Label Scan Checklist

Use this checklist when you suspect a sauce, supplement, or medication is creating a symptom flare.

How to Use This Checklist

1. Pick one suspect product at a time.
 2. Scan for explicit triggers before assuming every ambiguous ingredient is a problem.
 3. Keep the rest of your meals simple while testing.
 4. Do not stop prescribed medicines without pharmacist or clinician guidance.
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Product Basics

- **Product name:** _____
 - **Type:** Sauce / Supplement / Medication
 - **Brand / formulation:** _____
 - **When used:** _____
 - **Symptoms that followed:** _____
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First-Pass Ingredient Scan

- Onion or onion powder
 - Garlic or garlic powder
 - Wheat, rye, or barley
 - Honey or high-fructose corn syrup
 - Inulin, chicory, fructooligosaccharides, or galactooligosaccharides
 - Sorbitol, mannitol, xylitol, or other sugar alcohols
 - Lactose or milk powders if lactose is relevant for me
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Product-Specific Checks

If It Is a Sauce or Condiment

- Is it a pasta sauce, broth, bouillon, curry paste, dressing, dip, or glaze?
- Does it use concentrated flavor bases or seasoning blends?
- Is there a plainer version I can swap in for one test?

If It Is a Supplement

- Does the front say prebiotic , fiber blend , or gut health ?
- Does it include inulin, chicory, Jerusalem artichoke, FOS, or GOS?
- Is it sweetened with polyols or sold as a gummy / chewable?

If It Is a Medication

- Is it a liquid, elixir, suspension, syrup, gummy, or chewable?
- Did symptoms get worse soon after starting this formulation?
- Have I checked the inactive ingredients on DailyMed or with a pharmacist?

- Is this a prescribed medicine I should not change on my own?
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Before You Change Anything

- Am I also dealing with restaurant meals, stacking, stress, constipation, or poor sleep?
 - Did I introduce multiple new products at the same time?
 - Can I test one cleaner swap instead of changing everything at once?
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My Next Step

- Swap to a plainer sauce or seasoning
- Pause one optional supplement and retest later
- Ask a pharmacist about inactive ingredients
- Keep the medicine but simplify the rest of the day
- Review stacking or another non-food trigger instead

Notes

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