

# Constipation-Friendly Low-FODMAP Reset Checklist

Use this worksheet when you are following low FODMAP but constipation is still the symptom running the show.

## 1. Food Pattern Check

- I am not relying mostly on rice, crackers, cheese, eggs, and other low-fiber defaults.
- I am intentionally including soluble-fiber foods like oats, kiwi, linseeds/flax, or another tolerated option.
- My meals still have enough volume and are not shrinking because the diet feels restrictive.

## 2. Routine Check

- I am eating regular meals instead of skipping and then grazing later.
- I am not leaving huge gaps between eating occasions.
- I am drinking enough water and non-caffeinated fluids through the day.
- I am moving regularly, especially walking or light activity after meals.

## 3. Fiber Support Check

- I increased fiber gradually rather than adding too much all at once.
- I am using soluble fiber on purpose instead of rough bran-heavy products.
- If I use psyllium, I started low and gave it time to work.

## 4. Bigger-Picture Check

- I remember low FODMAP is a temporary 3-step process, not a forever elimination diet.
- I have considered whether stress, reintroduction timing, or another issue is clouding the picture.
- I am not assuming stricter food rules are the next best move.

## 5. Escalation Check

- If constipation is still severe or persistent, I am prepared to discuss laxatives or IBS-C treatment options with a clinician.
- I know that needing more than diet does not mean I failed.

## Notes

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