

Low FODMAP Holiday Survival Checklist

Use this before a holiday meal, party, or family gathering. The goal is not to control every dish. The goal is to avoid letting one noisy event turn into a full symptom spiral.

Before the Event

- I know which low-FODMAP phase I am in right now
- I am not trying to start a new reintroduction challenge during a chaotic holiday stretch
- I planned an earlier meal or snack so I do not arrive starving
- I know whether I need to bring a reliable dish
- I have one backup snack if I will be away from home for several hours

Questions to Ask Early

- Does the meal include gravy, stuffing, marinade, dip, or sauce with unclear ingredients?
- Are onion or garlic likely to show up in the mixed dishes?
- Do I need a quieter drink plan because alcohol or caffeine tends to trigger symptoms?

At the Table

- Start with the clearest foods first
- Build one lower-risk plate before adding extras
- Watch appetizer + dinner + dessert stacking
- Do not treat gluten-free as automatic proof that something is low FODMAP
- Use one calm social script instead of negotiating every bite

If You Are Hosting

- One reliable main
- Two reliable sides
- Sauces and toppings kept separate if possible
- Leftovers packed away promptly

After the Meal

- Return to your normal stable foods the next day
- Refrigerate most leftovers quickly
- Use leftovers within 3 to 4 days when refrigerated properly
- Reheat leftovers thoroughly
- Do not make the whole diet stricter because of one holiday meal

My Reliable Holiday Defaults

- Earlier meal: _____
- Backup snack: _____
- Dish I can bring: _____
- Simple social script: _____

Notes

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