

# Emergency Low FODMAP Snack Kit Checklist

Build one simple backup kit so hunger does not force a random food decision when your day gets off track.

## Pick 2 Shelf-Stable Backups

- Plain popcorn
- Plain pretzels
- Plain rice crackers
- Plain rice cakes
- Portioned nuts or seeds
- Dark chocolate
- One certified snack bar

## Pick 1 Travel-Safe Add-On

- Orange or mandarin
- Firm banana
- Kiwi packed safely
- Nut butter sachet you already tolerate

## If You Have a Cooler Bag

- Lactose-free yoghurt
- Cheese and crackers
- Boiled eggs
- Tuna pouch
- Vegetable sticks
- Ice pack or frozen water bottle

## Keep These In Mind

- Check serving size before assuming a snack is fully safe
- Scan flavored snacks for onion, garlic, honey, fruit concentrates, inulin, and polyols
- Replace items before your bag or drawer runs empty
- Use the Monash app if a packaged product feels unclear

## My Backup Locations

- Work bag: \_\_\_\_\_
- Desk drawer: \_\_\_\_\_
- Car / glove box: \_\_\_\_\_
- Carry-on / travel bag: \_\_\_\_\_

## My Most Reliable 3 Snacks

1. \_\_\_\_\_
2. \_\_\_\_\_

3.

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