

Portable Low FODMAP Snack Matrix

Use this quick matrix to choose a snack based on your day, not just your cravings. Start with the storage type you need first, then pick one option you can repeat without much thought.

Shelf-Stable Options

- Plain popcorn
- Plain pretzels
- Plain rice cakes
- Plain rice crackers
- Portioned nuts or seeds
- Dark chocolate
- Certified snack bar checked in the Monash app

Fridge-Friendly Options

- Lactose-free yoghurt
- Cheese and crackers
- Boiled eggs
- Tuna pouch with crackers
- Cut vegetables with a simple low-FODMAP dip
- Fruit plus lactose-free yoghurt

Travel / Commute Options

- Shelf-stable popcorn or crackers in a bag
- One portioned nut pack
- One plain backup snack in the glove box or tote
- One certified product you have already tolerated well
- Cooler-bag snack if you will be out for several hours

Fast Label Check

Put the snack back if the ingredient list clearly includes:

- onion or garlic products
- honey
- apple or pear concentrates
- inulin or chicory root
- sorbitol, mannitol, or other sugar alcohols
- ingredients you do not recognize and cannot verify quickly

My Repeat Snack List

- Snack 1: _____
- Snack 2: _____
- Snack 3: _____

Notes

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