

Low-FODMAP With Diabetes Meal-Planning Card

Use this card with your dietitian or diabetes care team when IBS symptoms and blood-sugar planning overlap.

Safety First

- Do not change diabetes medicines without your prescriber.
- Ask for help if eating less, vomiting, diarrhea, dehydration, or low appetite affects your diabetes plan.
- Bring glucose notes and gut-symptom notes together.

Meal Planning Check

Planning question	Notes
What low-FODMAP phase am I in?	Restriction, reintroduction, or personalization
What carbohydrate foods are in the meal?	Grain, starch, fruit, milk/yogurt, beans, sweets, drinks
What fiber fits my symptoms?	Constipation, diarrhea, bloating, or mixed pattern
What does my blood sugar do?	Before/after pattern if your care team asks you to monitor
What does my gut do?	Pain, urgency, bloating, constipation, reflux, appetite

Questions for Care

1. Which foods are diabetes priorities that I should not remove casually?
2. Which low-FODMAP swaps keep fiber and meal balance?
3. What should I track for blood sugar?
4. What should I track for gut symptoms?
5. When should I stop experimenting and call?