

# Night Shift Low-FODMAP Meal and Flare Card

Use this card before a night shift or rotating shift block.

## 1. Pick the Shift Anchor

- Pre-shift meal:
- Mid-shift snack or small meal:
- Hydration checkpoint:
- Caffeine cutoff:
- Post-shift light meal or sleep bridge:

## 2. Pack a Simple Low-FODMAP Base

Choose one from each group that you already tolerate:

- starch: rice, potato, oats, quinoa, rice cakes
- protein: eggs, firm tofu, plain chicken, fish, lactose-free yogurt
- produce: cucumber, carrot, kiwi, orange, strawberries, spinach
- fluid: water, oral rehydration option if diarrhea risk is high

## 3. Flare-Day Version

On flare days, simplify instead of experimenting:

- keep portions smaller
- pause new reintroduction tests
- use familiar foods
- prioritize hydration
- ask for medical help for red flags, dehydration, severe pain, or symptoms outside your usual pattern