

Restaurant Gut Symptom Decision Card

Use this before choosing a restaurant when gut symptoms, low-FODMAP needs, reflux, urgency, alcohol pressure, or flare risk could shape the night.

1. Pick Tonight's Main Risk

Dominant risk	Choose a place with...
Low-FODMAP uncertainty	simple proteins, rice/potatoes, sauce on side, menu online
Reflux	earlier timing, smaller portions, less fried/spicy pressure, non-alcohol options
Urgency	known bathroom access, shorter meal, simple portions, easy route home
Alcohol pressure	food-first setting, normal non-alcohol options, flexible group
Flare risk	familiar place, early meal, backup food, permission to leave
Shared-meal logistics	customizable bowls, build-your-own plates, separate sauces

2. Quick Menu Scan

- Can I find two workable options before arriving?
- Can sauce, dressing, or seasoning be served on the side?
- Is there a plain starch option?
- Is the meal likely to be very late, long, fried, spicy, or alcohol-centered?
- Is bathroom access reasonable?

3. Social Scripts

- "Could we do somewhere with simple grilled options? That is easiest for me."
- "I can make that work if they have rice or potatoes and sauce on the side."
- "Can we pick a place with easy bathroom access? I am managing a flare."
- "I am skipping alcohol tonight, but I am in for dinner."
- "That menu is a little hard for me. Could we do this other place nearby?"