

Whole-Grain Tolerance Checklist

Use this before deciding that whole grains are either always good or always bad for your gut.

1. Name the Grain

- Food:
- Serving size:
- Form: bread / cereal / pasta / rice / oats / quinoa / other
- Whole grain: yes / no / unsure
- Bran-heavy or high-fiber fortified: yes / no
- Contains wheat, rye, or barley: yes / no

2. Check the Meal Context

- Was the serving larger than usual?
- Was it paired with beans, onion, garlic, or a large salad?
- Was the meal rushed?
- Were fizzy drinks, alcohol, or a smoothie involved?
- Were you already constipated, loose, stressed, or in a flare?

3. Choose the First Lever

- Smaller serving
- Gentler grain such as oats, rice, quinoa, corn, or buckwheat
- Cooked vegetables instead of raw volume
- Less bran-heavy or fiber-fortified food
- Fewer new ingredients in the same meal

4. Retest

Try one change for 2 to 3 similar meals before deciding the whole category does not fit.