

Live your Inspired Life

Low FODMAP Diet Coaching

Eating at a Restaurant

How do I find a restaurant I can trust to serve me low Fodmap food?

Phone your restaurant of choice in advance and see if they are willing to take your intolerances into consideration. If not, choose a different restaurant. Once you have chosen your restaurant, make sure they understand your needs and ask them for help choosing from the menu. The one thing to make very clear is that your food must not contain onion. Ask for sauces and gravies to be served separately because they often contain onions.

How do I deal with an invitation to go out with friends to their choice of restaurant?

Look at the menu of the restaurant online if they have a website and/or ring the restaurant and do a little homework in advance. Work out what you can eat without making a fuss once there.



How do I avoid wheat?

Many restaurants these days have gluten-free dishes which goes part way towards a low FODMAP dish. Small amounts of wheat in breadcrumb coatings etc. will be tolerated so don't worry about those.

What cuisine is more likely to be low Fodmap?

Japanese is the most likely to have a variety of dishes with low FODMAP ingredients. There are certain dishes in most cuisines which would be suitable. Ask the staff for a recommendation.

What would you recommend is a safe meal to have in a restaurant?

Most restaurants will have grilled chicken or fish. This could be served with a mixed plate of suitable vegetables perhaps on rice. The simpler, the better.

