



# *Live your Inspired Life*

Low FODMAP Diet Coaching

## Life at Work

### *How do I deal with co-workers?*

It depends on your personality. Some people are very private and will probably never reveal something as personal as an intolerance diet. Others prefer to have matters out in the open and so will talk about their issues with co-workers. That is a personal choice.

### *What can I eat for lunch?*

The best idea is to have leftovers from dinner. Then you are sure you are eating low FODMAP food. When you prepare dinner, put aside your lunch portion before serving dinner. Don't wait to see if there are leftovers. If you have no leftovers, there is usually a sushi shop nearby. Also, many cafes these days have gluten-free food but it can be very difficult to find food that fits completely into the low FODMAP category.

### *What can I eat for snacks at work to make sure the mid-afternoon low doesn't hit me?*

Keep a packet of plain rice crackers, some allowed nuts and a jar of peanut butter in your desk drawer. Bring a fresh piece of low FODMAP fruit every day and a hunk of hard cheese and you should be fine. A couple of squares of very dark chocolate are a special occasional treat. And home baking is always good.

## *What can F do when work has group lunches or breakfasts?*

This will be a challenge and those who have been open about their diet will be in a better position to insist you get something low FODMAP to eat. Otherwise, it will be a matter of eating what you can and having backup food you have brought from home which you can eat afterwards.

## *Can F eat the many birthday cakes that are always around in a big office environment?*

A small piece of cake should be fine, especially if it is homemade or made in a reputable bakery. Just check that there is no high FODMAP fruit or cream involved. This will be all about willpower.

