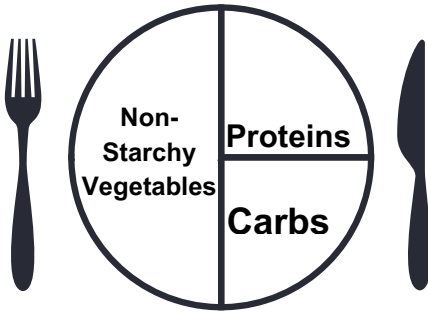


Low FODMAP Meal Plate



A balanced meal is crucial to avoid and cure IBS symptoms. The following illustration is typical of a plate for a low-FODMAP diet, and it should include a protein source, non-starchy vegetables, and carbohydrates. Adjusting portion sizes based on individual tolerances and preferences is crucial.

Non-starchy vegetables examples Spinach, Kale, Swiss chard, Arugula, Bakchoy, Carrots, Bell peppers (red, green, yellow), Zucchini, Cucumber, Tomatoes (excluding cherry tomatoes), Parsnips, Turnips, Rutabaga, Basil, Thyme, Parsley, Oregano, Rosemary, Alfalfa sprouts, Bean sprouts, Eggplant, Green beans, Radishes, Romaine lettuce, Butterhead lettuce, Celery, Endive, Fennel, Collard greens, and Chives.

Note: We highly recommend our curated **Low FODMAP Meal Plan**, which follows the “Low FODMAP Meal Plate” method and includes meals, quick recipes, and nutritional values. See the back of this page for how to get it on Amazon.

The IBS Symptoms Chart

Symptom	Natural Remedies
Abdominal Pain or Cramping	<ul style="list-style-type: none"> - Apply heat (hot water bottle) to the abdomen. - Peppermint oil capsules may help ease discomfort. - Stress reduction techniques like meditation.
Bloating	<ul style="list-style-type: none"> - Avoid gas-producing foods like beans, broccoli, and onions. - Consume smaller, more frequent meals. - Peppermint tea or chamomile tea might provide relief.
Diarrhea	<ul style="list-style-type: none"> - Increase soluble fiber intake (e.g., oats, bananas). - Probiotics (yogurt with live cultures or supplements). - Stay hydrated to replace lost fluids.
Constipation	<ul style="list-style-type: none"> - Increase water intake and consume high-fiber foods. - Prune juice or dried prunes can act as natural laxatives. - Gentle exercise like walking or yoga can aid bowel movements.
Gas	<ul style="list-style-type: none"> - Avoid carbonated drinks and artificial sweeteners. - Slowly increase fiber intake to prevent excess gas. - Peppermint oil capsules might reduce gas symptoms.
Fatigue	<ul style="list-style-type: none"> - Ensure adequate sleep and establish a regular sleep schedule. - Balanced diet with sufficient nutrients and hydration. - Manage stress through relaxation techniques.
Nausea	<ul style="list-style-type: none"> - Ginger tea or ginger supplements can help ease nausea. - Eat smaller, more frequent meals throughout the day. - Avoid triggering foods and strong odors.
Anxiety and Stress	<ul style="list-style-type: none"> - Regular exercise to reduce stress and anxiety. - Practice mindfulness or meditation. - Seek support through counseling or support groups.
Difficulty Swallowing	<ul style="list-style-type: none"> - Chew food thoroughly and eat slowly. - Avoid large bites and opt for softer, easy-to-swallow foods. - Stay hydrated to ease swallowing.

