

Tick any foods that consistently worsen your symptoms. Everyone's triggers are different — this checklist helps you identify YOUR personal pattern.

High FODMAP Foods

- | | |
|---|---|
| <input type="checkbox"/> Onion & garlic | <input type="checkbox"/> Wheat & rye bread |
| <input type="checkbox"/> Apples & pears | <input type="checkbox"/> Milk & soft cheese |
| <input type="checkbox"/> Legumes & lentils | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Cauliflower & broccoli | <input type="checkbox"/> Mango & watermelon |
| <input type="checkbox"/> Honey & HFCS | <input type="checkbox"/> Cashews & pistachios |

Fermented & High-Fibre

- | | |
|--|---|
| <input type="checkbox"/> Sauerkraut & kimchi | <input type="checkbox"/> Kombucha |
| <input type="checkbox"/> Baked beans | <input type="checkbox"/> Chickpeas & hummus |
| <input type="checkbox"/> Dried fruit | <input type="checkbox"/> Prunes & figs |
| <input type="checkbox"/> Bran cereals | <input type="checkbox"/> Inulin supplements |

Gut Irritants

- | | |
|--|--|
| <input type="checkbox"/> Coffee & caffeine | <input type="checkbox"/> Alcohol |
| <input type="checkbox"/> Carbonated drinks | <input type="checkbox"/> Spicy foods |
| <input type="checkbox"/> Artificial sweeteners | <input type="checkbox"/> Chewing gum |
| <input type="checkbox"/> Energy drinks | <input type="checkbox"/> Fried / fatty foods |

Nightshades & Common Triggers

- | | |
|--|---|
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Capsicum / peppers |
| <input type="checkbox"/> Raw onion in salads | <input type="checkbox"/> Corn |
| <input type="checkbox"/> Eggs (some people) | <input type="checkbox"/> Red meat |
| <input type="checkbox"/> Processed meats | <input type="checkbox"/> MSG & additives |

Gluten & Dairy

- | | |
|--|---|
| <input type="checkbox"/> Wheat pasta & bread | <input type="checkbox"/> Barley & rye |
| <input type="checkbox"/> Cow's milk | <input type="checkbox"/> Ice cream |
| <input type="checkbox"/> Soft cheeses | <input type="checkbox"/> Cream & butter |
| <input type="checkbox"/> Pastries & cakes | <input type="checkbox"/> Beer |

My Notes & Symptom Patterns

How to use: Tick foods that consistently worsen your symptoms to identify your personal IBS triggers.