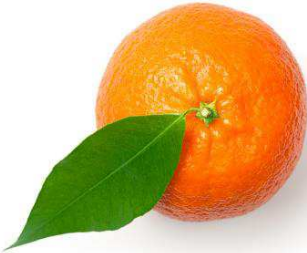
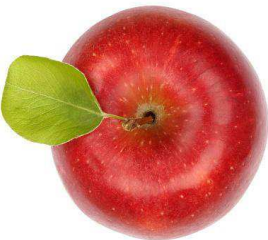
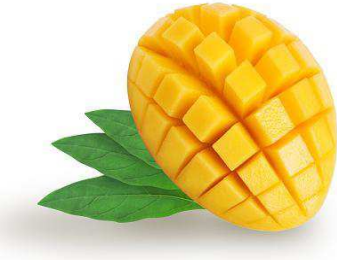


EASY FODMAP SWAPS LIST

Swap foods on the left with foods on the right!



GARLIC-INFUSED OLIVE OIL



ARTIFICIAL SWEETENERS

MAPLE SYRUP

REGULAR SUGAR

DIET vs DISEASE



COW'S MILK



REGULAR YOGURT



LACTOSE-FREE MILK OR
YOGURT/SOY MILK/ALMOND MILK



REGULAR
WHEAT BREAD



SOURDOUGH BREAD
(NO YEAST USED)



GREEN TIPS OF SHALLOTS
OR LEEK LEAVES



ONION-INFUSED
OLIVE OIL

DIET vs DISEASE



COUS COUS

QUINOA OR RICE

