

# Low FODMAP Grocery List

Low-FODMAP staples and foods with  
GOS, lactose and/or fructan to use  
with FODZYME®





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# Low-FODMAP foods are costly

Take a moment to evaluate the expenses associated with low-FODMAP foods, as they can add up and impact your budget. Prioritize your spending wisely to accommodate your dietary needs.



THE LOW FODMAP  
DIET ADDS 10% TO  
FOOD COSTS

= \$3950/yr<sup>[1,2]</sup>

INCREASED COST OF  
LOW-FODMAP FOODS

147%<sup>[3]</sup>

INCREASED COST OF  
GLUTEN-FREE FOODS

183%<sup>[4]</sup>

# \$4,790

AVERAGE ANNUAL OUT OF  
POCKET IBS MANAGEMENT COSTS<sup>[2]</sup>

# 13 days

OF MISSED WORK DUE TO  
IBS PER YEAR ON AVERAGE<sup>[5]</sup>



## Costs per dose of supplements used in tandem with a low-FODMAP diet<sup>[2,6,7]</sup>

**\$0.54**

**PEPPERMINT OIL**

**\$0.95**

**FIBER SUPPLEMENT**

**\$0.77**

**PROBIOTIC**

**\$1.64**

**LAXATIVE**



# Get the most of your budget

Food costs are far more than just the price at checkout or on the check. Consider the time and effort involved in:

- researching ingredients and dishes
- shopping at multiple grocery stores
- cooking separate dishes
- shipping costs for speciality low-FODMAP products
- up-charges for dish modifications when dining out

DESCRIPTION	CATEGORY	TOTAL COST	INCREASED COST DUE TO LOW-FODMAP (IF ANY)
Almond milk latte & French toast with gluten-free bread	Grocery / Meal / Supplement / Shipping / Gas or Transportation	\$16	\$1 for almond milk + \$2 for gluten-free bread = \$3 total

FILL ME IN



# How to maximize your grocery shopping budget

**1 START WITH STAPLES**  
Stock up on low-FODMAP staples you already enjoy

**2 COMPARE COSTS**  
Note where low-FODMAP products are significantly more than their regular counterparts

**3 STICK TO PLANTS**  
Plant-based proteins, whole grains, fruits & vegetables are often budget-friendly

**4 ENZYME SUPPORT**  
Use enzymes like FODZYME<sup>®</sup> to add more affordable products to your list (eg. bread, milk, seasonal produce, whole grains, legumes)

\*FODZYME<sup>®</sup> does not yet break down polyols, but will be effective on fructans, lactose, and GOS-rich foods



Budget friendly FODMAP strategies



# Grocery list

Low FODMAP staples and foods with GOS, lactose and/or fructan to use with FODZYME<sup>®</sup>

! Use a reliable database like the Monash App for information on portion size & FODMAP content

FILL ME IN

## LOW FODMAP

- |   |  |
|---|--|
| <input type="checkbox"/> Alfalfa sprouts        | <input type="checkbox"/> Kale (1/2c)             |
| <input type="checkbox"/> Arugula                | <input type="checkbox"/> Lettuce                 |
| <input type="checkbox"/> Baby spinach (1 1/2c)  | <input type="checkbox"/> Mung bean               |
| <input type="checkbox"/> Bamboo shoots          | <input type="checkbox"/> Okra (7 1/2 pods)       |
| <input type="checkbox"/> Bean sprouts           | <input type="checkbox"/> Parsnip                 |
| <input type="checkbox"/> Bok choy               | <input type="checkbox"/> Poblano (1 med)         |
| <input type="checkbox"/> Broccoli heads         | <input type="checkbox"/> Radicchio (2c)          |
| <input type="checkbox"/> Broccolini stalks (1c) | <input type="checkbox"/> Radish                  |
| <input type="checkbox"/> Cassava (1/2c)         | <input type="checkbox"/> Red cabbage (3/4c)      |
| <input type="checkbox"/> Carrots                | <input type="checkbox"/> Romaine                 |
| <input type="checkbox"/> Celeriac               | <input type="checkbox"/> Rutabaga                |
| <input type="checkbox"/> Chayote                | <input type="checkbox"/> Seaweed (Nori)          |
| <input type="checkbox"/> Chinese broccoli (1c)  | <input type="checkbox"/> Spaghetti squash (1/2c) |
| <input type="checkbox"/> Chives                 | <input type="checkbox"/> Spinach                 |
| <input type="checkbox"/> Collard greens         | <input type="checkbox"/> Swiss chard             |
| <input type="checkbox"/> Cucumber               | <input type="checkbox"/> Tomatillo (1c)          |
| <input type="checkbox"/> Eggplant               | <input type="checkbox"/> Water chestnuts         |
| <input type="checkbox"/> Endive                 | <input type="checkbox"/> Watercress              |
| <input type="checkbox"/> Green beans            | <input type="checkbox"/> White potato            |
| <input type="checkbox"/> Cabbage (3/4c)         | <input type="checkbox"/> Yam (1/2c)              |
| <input type="checkbox"/> Green pepper           | <input type="checkbox"/> Yellow squash           |
| <input type="checkbox"/> Jicama (1/2c)          |  |

## MORE TO ENJOY WITH FODZYME<sup>®</sup>

- |   |  |
|---|--|
| <input type="checkbox"/> Acorn Squash               | <input type="checkbox"/> Kale (1c)                 |
| <input type="checkbox"/> Artichoke                  | <input type="checkbox"/> Leek                      |
| <input type="checkbox"/> Baby spinach (2 3/4c)      | <input type="checkbox"/> Okra (9 pods)             |
| <input type="checkbox"/> Beetroot                   | <input type="checkbox"/> Onion                     |
| <input type="checkbox"/> Bitter melon               | <input type="checkbox"/> Poblano (3 1/3 med)       |
| <input type="checkbox"/> Broccolini stalks (3 1/2c) | <input type="checkbox"/> Pumpkin                   |
| <input type="checkbox"/> Brussels sprouts           | <input type="checkbox"/> Radicchio (5c)            |
| <input type="checkbox"/> Cabbage (2-3c)             | <input type="checkbox"/> Red cabbage (1-2c)        |
| <input type="checkbox"/> Cassava (1 1/4c)           | <input type="checkbox"/> Savoy cabbage             |
| <input type="checkbox"/> Cauliflower                | <input type="checkbox"/> Scallion                  |
| <input type="checkbox"/> Chinese Broccoli (4 1/4c)  | <input type="checkbox"/> Shallots                  |
| <input type="checkbox"/> Corn                       | <input type="checkbox"/> Snow peas (2 1/2c)        |
| <input type="checkbox"/> Daikon Radish (1c)         | <input type="checkbox"/> Spaghetti squash (1 3/4c) |
| <input type="checkbox"/> Delicata squash            | <input type="checkbox"/> Sugar snap peas (1 1/3c)  |
| <input type="checkbox"/> Garlic                     | <input type="checkbox"/> Sweet potato              |
| <input type="checkbox"/> Green peas                 | <input type="checkbox"/> Tomatillo (3 1/3c)        |
| <input type="checkbox"/> Green pepper (1 3/4c)      | <input type="checkbox"/> Yam (2c)                  |
| <input type="checkbox"/> Jicama (1 1/4c)            | <input type="checkbox"/> Zucchini                  |
| <input type="checkbox"/> Kabocha squash             |  |



LOW FODMAP		MORE TO ENJOY WITH FODZYME <sup>®</sup>	
<input type="checkbox"/> Banana (small, firm)	<input type="checkbox"/> Lemon	<input type="checkbox"/> Banana (ripe)	<input type="checkbox"/> Mango (dried)
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Lime	<input type="checkbox"/> Cranberries	<input type="checkbox"/> Honeydew
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Mandarin	<input type="checkbox"/> Currants	<input type="checkbox"/> Persimmon
<input type="checkbox"/> Clementine	<input type="checkbox"/> Papaya	<input type="checkbox"/> Custard apple	<input type="checkbox"/> Pineapple (dried)
<input type="checkbox"/> Coconut	<input type="checkbox"/> Passionfruit	<input type="checkbox"/> Dates (Medjool)	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Cumquat	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Fig (dried)	<input type="checkbox"/> Raisin
<input type="checkbox"/> Dragon fruit	<input type="checkbox"/> Plantain	<input type="checkbox"/> Goji berry	<input type="checkbox"/> Rambutan
<input type="checkbox"/> Durian	<input type="checkbox"/> Rhubarb		
<input type="checkbox"/> Green papaya	<input type="checkbox"/> Starfruit		
<input type="checkbox"/> Guava (ripe)	<input type="checkbox"/> Tangelo		
<input type="checkbox"/> Kiwifruit			

LOW FODMAP		MORE TO ENJOY WITH FODZYME <sup>®</sup>	
<input type="checkbox"/> All rice	<input type="checkbox"/> Traditional sourdough	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Soy flour & products
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Barley	<input type="checkbox"/> Udon
<input type="checkbox"/> Corn tortillas		<input type="checkbox"/> Chickpea flour & products	<input type="checkbox"/> Pumpernickel bread
<input type="checkbox"/> Millet		<input type="checkbox"/> Cous cous	<input type="checkbox"/> Wheat bread & rolls
<input type="checkbox"/> Oat bran		<input type="checkbox"/> Freekeh	<input type="checkbox"/> Wheat cereals
<input type="checkbox"/> Oats		<input type="checkbox"/> Naan	<input type="checkbox"/> Wheat pasta
<input type="checkbox"/> Polenta		<input type="checkbox"/> Plain muesli	<input type="checkbox"/> Wholegrain bread
<input type="checkbox"/> Quinoa		<input type="checkbox"/> Rye bread	
<input type="checkbox"/> Rice bran			

LOW FODMAP		MORE TO ENJOY WITH FODZYME	
<input type="checkbox"/> Aioli (no garlic)		<input type="checkbox"/> Hummus	
<input type="checkbox"/> Cornichon		<input type="checkbox"/> Onion gravy	
<input type="checkbox"/> Horseradish		<input type="checkbox"/> Pesto	
<input type="checkbox"/> Oyster sauce		<input type="checkbox"/> Pickle Relish	
<input type="checkbox"/> Salsa verde (no garlic/onion)		<input type="checkbox"/> Salsa	
<input type="checkbox"/> Tahini		<input type="checkbox"/> Tzatziki	

FRUIT

GRAINS

SIDES



NUTS & PULSES

SNACKS

CHEESE

LOW FODMAP

- |  |  |
|--|--|
| <input type="checkbox"/> Brazil nuts                         | <input type="checkbox"/> Pecans  |
| <input type="checkbox"/> Canned chickpeas                    | <input type="checkbox"/> Pine nuts   |
| <input type="checkbox"/> Canned lentils                      | <input type="checkbox"/> Seeds (Chia, Flax, Poppy, Pumpkin, Sesame, Sunflower) |
| <input type="checkbox"/> Chestnuts                           |  |
| <input type="checkbox"/> Firm tofu                           | <input type="checkbox"/> Walnuts   |
| <input type="checkbox"/> Hazelnuts                           |  |
| <input type="checkbox"/> Macadamias                          |  |
| <input type="checkbox"/> Peanuts & all-natural peanut butter |  |

MORE TO ENJOY WITH FODZYME<sup>®</sup>

- |  |  |
|--|--|
| <input type="checkbox"/> Almonds & almond butter | <input type="checkbox"/> Kidney beans  |
| <input type="checkbox"/> Adzuki beans            | <input type="checkbox"/> Mung beans    |
| <input type="checkbox"/> Black beans             | <input type="checkbox"/> Pinto beans   |
| <input type="checkbox"/> Black Eyed Peas         | <input type="checkbox"/> Navy beans    |
| <input type="checkbox"/> Butter beans            | <input type="checkbox"/> Pistachios    |
| <input type="checkbox"/> Cashews                 | <input type="checkbox"/> Refried beans |
| <input type="checkbox"/> Chickpeas               | <input type="checkbox"/> Silken tofu   |
| <input type="checkbox"/> Daal                    | <input type="checkbox"/> Soy beans     |
| <input type="checkbox"/> Lentils                 | <input type="checkbox"/> Split peas    |
| <input type="checkbox"/> Lima beans              |  |

LOW FODMAP

- ☐ Corn tortilla chips
- ☐ Dark chocolate
- ☐ Gluten-free pretzels
- ☐ Olives (green, black)
- ☐ Plain salted potato chips
- ☐ Popcorn
- ☐ Rice crackers or cakes

MORE TO ENJOY WITH FODZYME<sup>®</sup>

- ☐ Almond crackers
- ☐ Biscuits
- ☐ Chickpea snacks
- ☐ Flavored chips (onion, cheese, scallion)
- ☐ Milk chocolate
- ☐ Pretzels
- ☐ Wheat & rye crackers

LOW FODMAP

- |  |  |
|--|--|
| <input type="checkbox"/> Brie                        | <input type="checkbox"/> Lactose-free cream cheese |
| <input type="checkbox"/> Camembert                   | <input type="checkbox"/> Mozzarella                |
| <input type="checkbox"/> Cheddar                     | <input type="checkbox"/> Parmesan                  |
| <input type="checkbox"/> Colby                       | <input type="checkbox"/> Pecorino                  |
| <input type="checkbox"/> Feta                        | <input type="checkbox"/> Swiss                     |
| <input type="checkbox"/> Havarti                     |  |
| <input type="checkbox"/> Lactose-free cottage cheese |  |

MORE TO ENJOY WITH FODZYME<sup>®</sup>

- |   |   |
|---|---|
| <input type="checkbox"/> American cheese      | <input type="checkbox"/> Herbed cheeses |
| <input type="checkbox"/> Cottage cheese       | <input type="checkbox"/> Queso Fresco   |
| <input type="checkbox"/> Chevre (goat cheese) | <input type="checkbox"/> Paneer         |
| <input type="checkbox"/> Cream cheese         | <input type="checkbox"/> Quark          |
| <input type="checkbox"/> Farmer's cheese      | <input type="checkbox"/> Ricotta cheese |
| <input type="checkbox"/> Halloumi             |   |

LOW FODMAP	MORE TO ENJOY WITH FODZYME®
<input type="checkbox"/> Almond milk <input type="checkbox"/> Butter <input type="checkbox"/> Canned coconut milk <input type="checkbox"/> Coconut cream <input type="checkbox"/> Coconut yogurt <input type="checkbox"/> Lactose-free milk <input type="checkbox"/> Lactose-free yogurt <input type="checkbox"/> Rice milk <input type="checkbox"/> Soy milk (made from soy protein)	<input type="checkbox"/> Buttermilk <input type="checkbox"/> Cow, goat, or sheep's milk <input type="checkbox"/> Cow, goat, or sheep's yogurt <input type="checkbox"/> Cream (including whipped) <input type="checkbox"/> Creme Fraiche <input type="checkbox"/> Custard <input type="checkbox"/> Ice cream & Gelato <input type="checkbox"/> Kefir <input type="checkbox"/> Sour cream <input type="checkbox"/> Soy and oat milk (all)

# Other grocery

Plain proteins, fats and many seasonings are low FODMAP

SEASONINGS	HERBS & SPICES	OILS & VINEGARS	ANIMAL PROTEINS
<input type="checkbox"/> Capers <input type="checkbox"/> Cocoa powder <input type="checkbox"/> Chili pepper <input type="checkbox"/> Ginger <input type="checkbox"/> Lemon zest <input type="checkbox"/> Marmalade <input type="checkbox"/> Mayo <input type="checkbox"/> Miso paste <input type="checkbox"/> Mustard <input type="checkbox"/> Orange zest <input type="checkbox"/> Palm sugar <input type="checkbox"/> Panko <input type="checkbox"/> Pure maple syrup <input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Potato starch <input type="checkbox"/> Tapioca starch <input type="checkbox"/> Corn starch <input type="checkbox"/> Stevia <input type="checkbox"/> Tamari <input type="checkbox"/> Vanilla extract <input type="checkbox"/> White or brown sugar <input type="checkbox"/> Wasabi <input type="checkbox"/> Allspice <input type="checkbox"/> Basil <input type="checkbox"/> Black pepper <input type="checkbox"/> Cardamom <input type="checkbox"/> Chili powder <input type="checkbox"/> Cilantro (Coriander) <input type="checkbox"/> Cinnamon <input type="checkbox"/> Cloves <input type="checkbox"/> Cumin <input type="checkbox"/> Curry powder <input type="checkbox"/> Five spice <input type="checkbox"/> Lemongrass <input type="checkbox"/> Mint <input type="checkbox"/> Nutmeg <input type="checkbox"/> Paprika	<input type="checkbox"/> Parsley <input type="checkbox"/> Rosemary <input type="checkbox"/> Saffron <input type="checkbox"/> Sage <input type="checkbox"/> Star Anise <input type="checkbox"/> Sumac <input type="checkbox"/> Tarragon <input type="checkbox"/> Thyme <input type="checkbox"/> Turmeric <input type="checkbox"/> Apple cider vinegar <input type="checkbox"/> Avocado oil <input type="checkbox"/> Canola oil <input type="checkbox"/> Coconut oil <input type="checkbox"/> Fish sauce <input type="checkbox"/> Flaxseed oil <input type="checkbox"/> Mirin <input type="checkbox"/> Olive oil <input type="checkbox"/> Peanut oil <input type="checkbox"/> Red wine vinegar <input type="checkbox"/> Rice vinegar <input type="checkbox"/> Sesame oil <input type="checkbox"/> Sesame oil <input type="checkbox"/> Vegetable oil <input type="checkbox"/> White vinegar <input type="checkbox"/> Worcestershire	<input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Duck <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Lamb <input type="checkbox"/> Pork <input type="checkbox"/> Shellfish



# Costs associated with low-FODMAP dining

UPCHARGES FOR MODIFICATIONS  
(EG. GLUTEN-FREE CRUST, NON-DAIRY MILK)

ORDERING AN EXTRA SIDE WHEN SWAPS ARE NOT POSSIBLE

BRINGING DRESSING OR SIDES FROM HOME

LIMITED OVERALL CHOICE IN MENU OPTIONS

A top-down view of a dining table with various food items and FODZYME packets. In the center, there is a white plate with a round, golden-brown bread roll, two triangular pieces of fried food, and three small white bowls containing red jam, green guacamole, and green pesto. To the right, a yellow plate holds a slice of orange with a wooden skewer. Above the yellow plate, a silver knife rests on a white napkin. To the left of the central plate, two green FODZYME packets are visible. The table surface is a speckled grey. A dark green text box is overlaid on the center of the image.

**FODZYME® provides peace of mind at meals and saves money if used strategically when eating out**



# The value of FODZYME<sup>®</sup>

<b>REDUCE MEAL COSTS</b>	A single dose of FODZYME <sup>®</sup> can be lower than the upcharges for low-FODMAP swaps
<b>FEWER SUPPLEMENTS</b>	Reduce reliance on supplements for pain management and bowel regularity
<b>SAVE TIME &amp; LOWER STRESS</b>	Gain back the time and effort spent on restaurant research, planning and coordination
<b>AVOID FLARE-UPS</b>	Be present to enjoy social event and avoid missed work days
<b>DIET DIVERSITY</b>	Enjoy what you crave - from the foods you grew up eating to nutrient-packed superfood smoothies
<b>ALLOW FOR MORE STACKING</b>	By tackling fructans, GOS and lactose, tolerance of polyols and fructose can increase



Budget friendly FODMAP strategies



# How to fit FODZYME<sup>®</sup> into your budget



## PRICE PER DOSE



SUBSCRIPTION \$1.08

ONE OFF PURCHASE \$1.35

## PRICE PER DOSE



SUBSCRIPTION \$2.17

ONE OFF PURCHASE \$2.71



Note how often you pay extra for low-FODMAP swaps at restaurants and at the grocery store and how much it adds up to



Assess your supplement routine. Could adding more fruits, vegetables and grains reduce your reliance on outside support?



Are shipping fees, gas to multiple stores or costs for out of season produce adding up?



Take advantage of subscription to save 20% per dose (both for a Home Kit & On-The-Go Kit)

# Save money when eating out

Get the most out of FODZYME® by using it with dishes containing multiple FODMAP triggers.

Enjoy these with FODZYME® instead of asking for modifications:

AMERICAN	MEDITERRANEAN	SPANISH
Meatloaf with onion gravy	Falafel in pita with tzatziki	Chorizo with onion & pepper on wheat bun
Cheeseburger with onions	Couscous with chickpeas & currants	Paella with peas, artichoke & asparagus
Parfait with cranberry granola	Pomegranate fattoush	Gazpacho with croutons
Smoothie with banana, spinach & regular milk	Halloumi kebabs with onion & zucchini	Pan con tomate



MEXICAN	JAPANESE	ITALIAN
Quesadilla with flour tortilla & poblano	Udon with silken tofu	Artichoke pizza
Nachos with cheese & scallions	Pumpkin curry with scallions	Penne alla vodka
Bean & cheese burrito	Okonomiyaki (scallion pancake)	Vegetable lasagna
Tacos with jicama slaw on flour tortilla	Sukiyaki with savoy cabbage	Pistachio gelato





# Making food painless by breaking down FODMAPs

As you digest your meal, FODZYME<sup>®</sup> breaks down FODMAPs into simple sugars, that are quickly absorbed in the small intestine, effectively reducing the amount of FODMAPs in your gut.

## TOP TIP

### FODZYME<sup>®</sup> BREAKS DOWN

- Galacto-oligosaccharides (GOS)
- Lactose
- Fructan (inulin, FOS, levan)

Cross-check your trigger foods against these FODMAP groups



MONASH  
UNIVERSITY  
LOW FODMAP  
CERTIFIED™



DAIRY-FREE



GLUTEN-FREE



NON-GMO



VEGAN



EGG-FREE



CASEIN-FREE



SOY-FREE



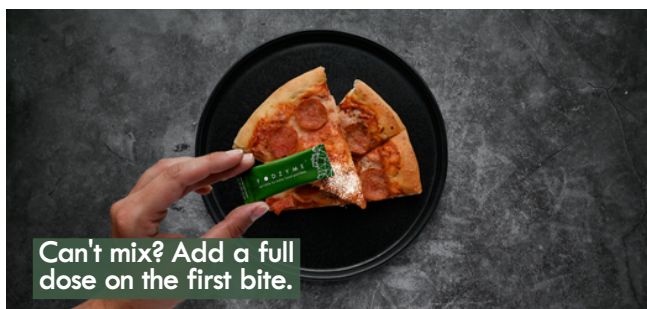
NO ARTIFICIAL  
COLORS OR  
FLAVORS

# What is this powder, anyway?

There might be times when people are curious about FODZYME<sup>®</sup> when you use it. No need to be shy when eating with friends, family, and colleagues.

**Here are a few tips to explain how FODZYME<sup>®</sup> helps you:**

- "My body has trouble digesting certain compounds in lots of common foods like garlic, onion, wheat, and many others."
- "When I eat them, they cause digestive discomfort."
- "FODZYME<sup>®</sup> helps me tolerate these troublesome compounds instead of avoiding them. This means I can enjoy lots more foods without having to modify each dish."





# Kiwi Biosciences

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Kiwi Biosciences is a human-centered biotechnology company based in Cambridge, MA devoted to developing elegant scientific solutions for extraordinary gut relief.

Kiwi Bio is led by Harvard-trained founders Anjie Liu and David Hachuel who understand firsthand how much the IBS community needs FODZYME<sup>®</sup>.

Anjie is a patient herself, who developed FODZYME<sup>®</sup> to be able to comfortably eat high-fructan foods; David previously founded auggi.ai, a stool recognition AI technology and digital gut health coach for IBS patients.



FODZYME<sup>®</sup> is Kiwi Bio's first product; in development still are novel enzymes to tackle additional FODMAP groups like mannitol and sorbitol.

**Make your food  
painless with FODZYME<sup>®</sup>**

**TRY FODZYME<sup>®</sup>**

Budget friendly FODMAP strategies

# References

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