

Dining out & label reading

Everyone loves eating out and experiencing new flavors. Still, the planning it takes to figure out safe foods can be truly taxing when you're avoiding FODMAP triggers.



SCAN TO SHOP

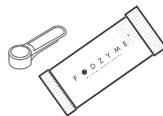
TIPS FOR PAIN-FREE DINING WITH FODZYME®

Get specific with waiters



A 'special seasoning blend' may sound great, but can easily hide pesky FODMAPs. Don't be shy to ask for the full list of ingredients used in a dish.

Watch your dosing & exercise caution



Start with a standard dose and test your tolerance at home. When dining out, choose extra powerful, single-dose stick packs, and remember to use a second dose if your meal extends over 30 minutes.

Show off your technique



Sprinkle FODZYME® all over and mix with food. When eating more solid foods or sharing a meal, add a dose to the first bite and chew well.

Pack your bags & get yourself covered



FODZYME® moisture-resistant stick packs are perfect for on-the-go use. Ensure every meal out is painless by packing a few stick packs in pockets, a travel kit, your car dashboard, or even your wallet.

DISHES TO ENJOY WITH FODZYME®

ASIAN	AMERICAN	MEXICAN	ITALIAN	GREEK
Garlic stir-fry	PB & banana sandwich	Bean burrito	Veggie pizza	Tzatziki & pita
Mapo tofu	Western omelette	Fajitas	Pasta & tomato sauce	Falafel & gyros
Lo mein	Lentil soup	Salsa	Garlic bread	Spanakopita



Hidden sources of FODMAPs

FODMAPs can find their way into packaged foods, to-go meals and alternative or 'substitute' foods. Watch out for these ingredients and use FODZYME® if you're worried about symptoms:

Spice mixes, broth or stock, sauces and salad dressings



Look for onion and garlic (powdered or dehydrated) as well as 'dehydrated vegetables', or 'natural flavors,' which can mean hidden onion or garlic. High-FODMAP sweeteners, like honey, agave, and fructose-based syrups can find their way into jarred and bottled sauces.

Gluten-free breads, crackers and pastries



Though free of wheat, rye, and barley (major sources of fructans), gluten-free foods can still have high-FODMAP sweeteners, fibers, and flour alternatives. 'High-fiber' products can contain sweeteners like date or honey, and fibers like inulin or chicory root. Garbanzo, fava bean, soy, and coconut flours can become high-FODMAP in larger amounts.

Dairy-free milks, ice creams, and yogurts



While dairy alternatives can be a great way to limit lactose, they may include honey, agave, fructose, and inulin. Soy milk made from whole soybeans (not powder), is also high-FODMAP and can be made tolerable with FODZYME®. Watch out for fructooligosaccharides and lactose in protein powders and drinks, too.

Hidden polyol sources to avoid



If you're sensitive to polyols, you'll want to limit or avoid these foods (at least until our polyol-degrading enzyme is available!). Some hidden sources include pear/apple juice concentrate, celery powder (in spice mixes), and other dried fruits. Watch out for polyols like sorbitol, mannitol, erythritol, isomalt, xylitol, and maltitol in gums and supplements, too!

READ LABELS LIKE A PRO

Ingredients on food labels are listed in order of weight, meaning the first ingredients are present in the highest quantities. Ingredients listed last may be present in small (and tolerable) amounts.

HIGH-FODMAP FLOURS	Amaranth, coconut, einkorn, emmer, khorsan, kamut, garbanzo, lentil, lupin, barley, amaranth, soy, wheat
HIGH-FODMAP SWEETENERS	Honey, agave, high-fructose corn syrup, fructose/fructose-glucose syrup, apple, pear and other fruit juices, sorbitol, mannitol, erythritol, isomalt, xylitol, maltitol
SOURCES OF FRUCTAN	Dehydrated onion and garlic, dehydrated vegetables, inulin, chicory root extract, chicory root fiber, fructooligosaccharides (FOS), natural flavors, spices
SOURCES OF LACTOSE	Milk powder and solids, buttermilk, milk curds, yoghurt, sour cream, whey protein concentrate

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