

Low FODMAP Grocery List

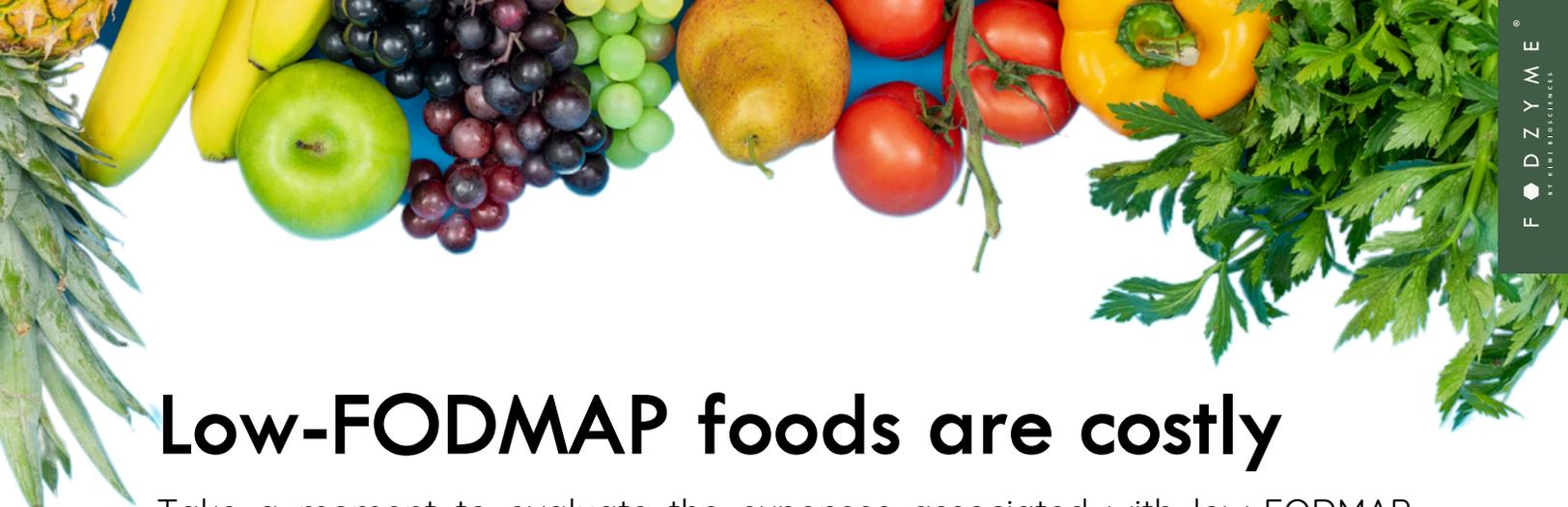
Low-FODMAP staples and foods with
GOS, lactose and/or fructan to use
with FODZYME®



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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^[1,2]

INCREASED COST OF
LOW-FODMAP FOODS

147%^[3]

INCREASED COST OF
GLUTEN-FREE FOODS

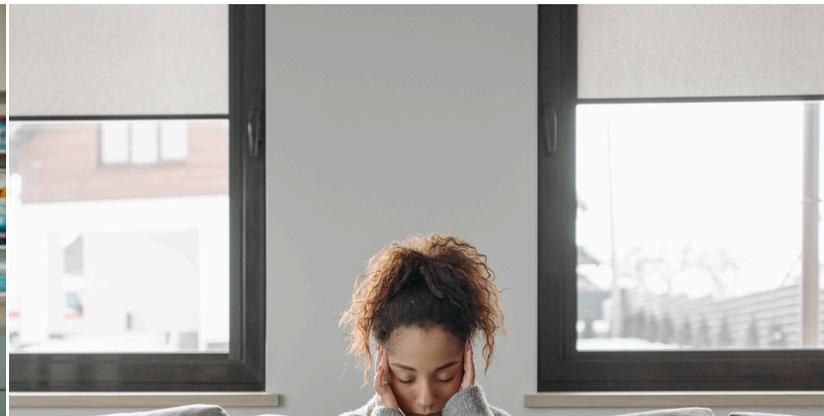
183%^[4]

\$4,790

AVERAGE ANNUAL OUT OF POCKET IBS MANAGEMENT COSTS^[2]

13 days

OF MISSED WORK DUE TO IBS PER YEAR ON AVERAGE^[5]



Costs per dose of supplements used in tandem with a low-FODMAP diet^[2,6,7]

\$0.54	PEPPERMINT OIL
\$0.77	PROBIOTIC

\$0.95	FIBER SUPPLEMENT
\$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

Grocery list

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

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

LOW FODMAP

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

MORE TO ENJOY WITH FODZYME®

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

FILL ME IN

VEGETABLES

FRUIT

LOW FODMAP

- Banana (small, firm)
- Blueberries
- Cantaloupe
- Clementine
- Coconut
- Cumquat
- Dragon fruit
- Durian
- Green papaya
- Guava (ripe)
- Kiwifruit
- Lemon
- Lime
- Mandarin
- Papaya
- Passionfruit
- Pineapple
- Plantain
- Rhubarb
- Starfruit
- Tangelo

MORE TO ENJOY WITH FODZYME[®]

- Banana (ripe)
- Cranberries
- Currants
- Custard apple
- Dates (Medjool)
- Fig (dried)
- Goji berry
- Mango (dried)
- Honeydew
- Persimmon
- Pineapple (dried)
- Pomegranate
- Raisin
- Rambutan

GRAINS

LOW FODMAP

- All rice
- Buckwheat
- Corn tortillas
- Millet
- Oat bran
- Oats
- Polenta
- Quinoa
- Rice bran
- Traditional sourdough
- Sorghum

MORE TO ENJOY WITH FODZYME[®]

- Amaranth
- Barley
- Chickpea flour & products
- Cous cous
- Freekeh
- Naan
- Plain muesli
- Rye bread
- Soy flour & products
- Udon
- Pumpernickel bread
- Wheat bread & rolls
- Wheat cereals
- Wheat pasta
- Wholegrain bread

SIDES

LOW FODMAP

- Aioli (no garlic)
- Cornichon
- Horseradish
- Oyster sauce
- Salsa verde (no garlic/onion)
- Tahini

MORE TO ENJOY WITH FODZYME

- Hummus
- Onion gravy
- Pesto
- Pickle Relish
- Salsa
- Tzatziki

NUTS & PULSES

LOW FODMAP

- Brazil nuts
- Canned chickpeas
- Canned lentils
- Chestnuts
- Firm tofu
- Hazelnuts
- Macadamias
- Peanuts & all-natural peanut butter
- Pecans
- Pine nuts
- Seeds (Chia, Flax, Poppy, Pumpkin, Sesame, Sunflower)
- Walnuts

MORE TO ENJOY WITH FODZYME®

- Almonds & almond butter
- Adzuki beans
- Black beans
- Black Eyed Peas
- Butter beans
- Cashews
- Chickpeas
- Daal
- Lentils
- Lima beans
- Kidney beans
- Mung beans
- Pinto beans
- Navy beans
- Pistachios
- Refried beans
- Silken tofu
- Soy beans
- Split peas

SNACKS

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®

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

CHEESE

LOW FODMAP

- Brie
- Camembert
- Cheddar
- Colby
- Feta
- Havarti
- Lactose-free cottage cheese
- Lactose-free cream cheese
- Mozzarella
- Parmesan
- Pecorino
- Swiss

MORE TO ENJOY WITH FODZYME®

- American cheese
- Cottage cheese
- Chevre (goat cheese)
- Cream cheese
- Farmer's cheese
- Halloumi
- Herbed cheeses
- Queso Fresco
- Paneer
- Quark
- Ricotta cheese

LOW FODMAP	MORE TO ENJOY WITH FODZYME®
<input type="checkbox"/> Almond milk	<input type="checkbox"/> Buttermilk
<input type="checkbox"/> Butter	<input type="checkbox"/> Cow, goat, or sheep's milk
<input type="checkbox"/> Canned coconut milk	<input type="checkbox"/> Cow, goat, or sheep's yogurt
<input type="checkbox"/> Coconut cream	<input type="checkbox"/> Cream (including whipped)
<input type="checkbox"/> Coconut yogurt	<input type="checkbox"/> Creme Fraiche
<input type="checkbox"/> Lactose-free milk	<input type="checkbox"/> Custard
<input type="checkbox"/> Lactose-free yogurt	<input type="checkbox"/> Ice cream & Gelato
<input type="checkbox"/> Rice milk	<input type="checkbox"/> Kefir
<input type="checkbox"/> Soy milk (made from soy protein)	<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"/> Allspice	<input type="checkbox"/> Apple cider vinegar	<input type="checkbox"/> Beef
<input type="checkbox"/> Cocoa powder	<input type="checkbox"/> Basil	<input type="checkbox"/> Avocado oil	<input type="checkbox"/> Chicken
<input type="checkbox"/> Chili pepper	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Canola oil	<input type="checkbox"/> Duck
<input type="checkbox"/> Ginger	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Coconut oil	<input type="checkbox"/> Eggs
<input type="checkbox"/> Lemon zest	<input type="checkbox"/> Chili powder	<input type="checkbox"/> Fish sauce	<input type="checkbox"/> Fish
<input type="checkbox"/> Marmalade	<input type="checkbox"/> Cilantro (Coriander)	<input type="checkbox"/> Flaxseed oil	<input type="checkbox"/> Lamb
<input type="checkbox"/> Mayo	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Mirin	<input type="checkbox"/> Pork
<input type="checkbox"/> Miso paste	<input type="checkbox"/> Cloves	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Shellfish
<input type="checkbox"/> Mustard	<input type="checkbox"/> Cumin	<input type="checkbox"/> Peanut oil	
<input type="checkbox"/> Orange zest	<input type="checkbox"/> Curry powder	<input type="checkbox"/> Red wine vinegar	
<input type="checkbox"/> Palm sugar	<input type="checkbox"/> Five spice	<input type="checkbox"/> Rice vinegar	
<input type="checkbox"/> Panko	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Sesame oil	
<input type="checkbox"/> Pure maple syrup	<input type="checkbox"/> Mint	<input type="checkbox"/> Sesame oil	
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Vegetable oil	
	<input type="checkbox"/> Paprika	<input type="checkbox"/> White vinegar	
		<input type="checkbox"/> Worcestershire	

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



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

The value of FODZYME®

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



Budget friendly FODMAP strategies

How to fit FODZYME® into your budget



PRICE PER DOSE

SUBSCRIPTION \$1.08
ONE OFF PURCHASE \$1.35



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?

PRICE PER DOSE

SUBSCRIPTION \$2.17
ONE OFF PURCHASE \$2.71



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[®] 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[®] BREAKS DOWN

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

Cross-check your trigger foods against these FODMAP groups



DAIRY-FREE



GLUTEN-FREE



NON-GMO



VEGAN



EGG-FREE



CASEIN-FREE



SOY-FREE



NO ARTIFICIAL
COLORS OR
FLAVORS

What is this powder, anyway?

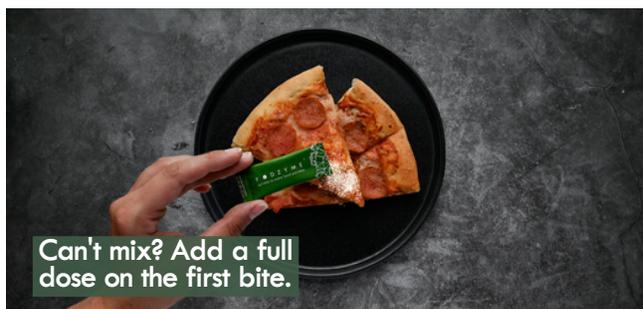
There might be times when people are curious about FODZYME® when you use it. No need to be shy when eating with friends, family, and colleagues.

Here are a few tips to explain how FODZYME® 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® helps me tolerate these troublesome compounds instead of avoiding them. This means I can enjoy lots more foods without having to modify each dish."



Sprinkle directly on your meal and mix.



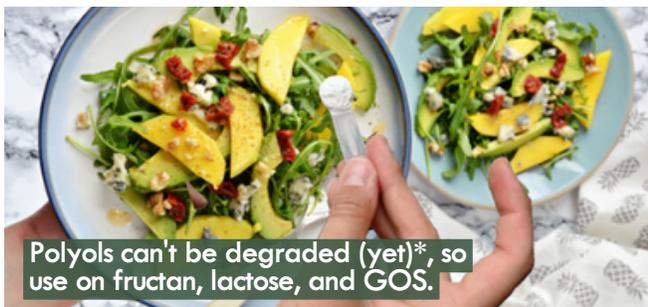
Can't mix? Add a full dose on the first bite.



Chew well for maximum enzyme integration.



Add an extra dose if eating after 30 mins.



Polyols can't be degraded (yet)*, so use on fructan, lactose, and GOS.



Don't add while cooking or to foods too hot to eat.

Kiwi Biosciences

857.425.3616

hello@fodzyme.com

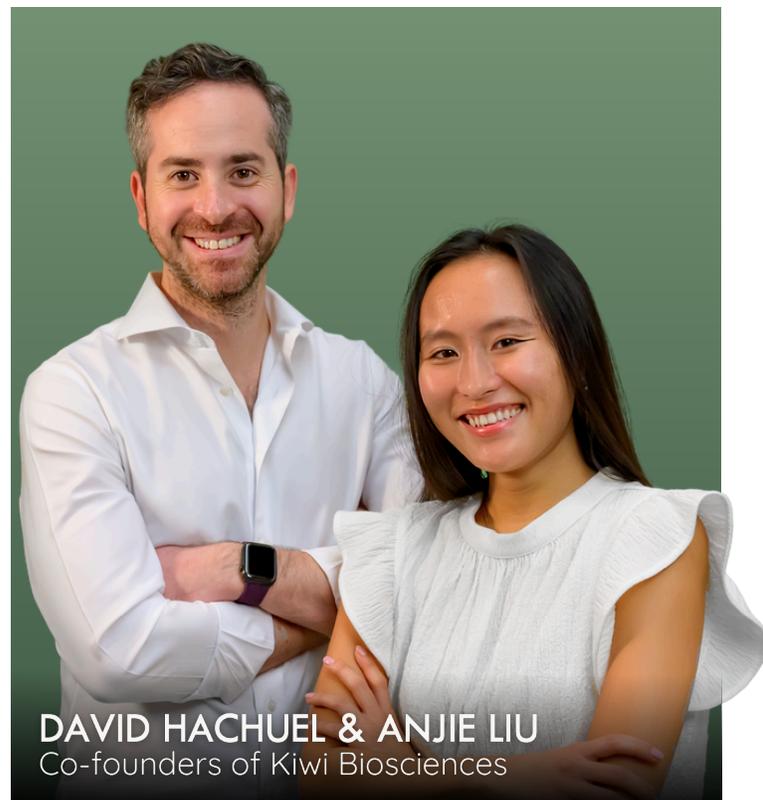
www.fodzyme.com



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®.

Anjie is a patient herself, who developed FODZYME® 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.



DAVID HACHUEL & ANJIE LIU
Co-founders of Kiwi Biosciences



Budget friendly FODMAP strategies

FODZYME® 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®**

TRY FODZYME®

References

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