





Special Dietary Requirements

We've got you covered with these recipe swaps

DIETARY REQUIREMENT	FOODS TO AVOID	SWAP TO
Coeliac /gluten free See the factsheet on label reading for gluten free eating for Coeliac disease	Wholegrain Pasta	Lentil pasta or look for highest fibre content by comparing fibre per 100g *Add lentils and legumes to your meal to increase the fibre
	Wholemeal flour	For every cup of gluten free flour substitute ¼ cup for 1 tablespoon of psyllium husk or banana starch and the fill the remaining 1/4 cup with LSA Buckwheat flour is great for pikelets Teff flour is good for brownies and chocolate cake
	Grains: Couscous Bulgar wheat Freekeh Barley	Quinoa or brown rice Quinoa or brown rice Brown rice or brown lentils Brown rice or buckwheat groats * Add lentils and legumes to your meal to increase the fibre
	Soy sauce	Gluten free soy sauce
	Baking powder	Gluten free baking powder
Lactose free You should stilltolerate small amounts of lactose. Start with trying 2g and spread 2 hours apart, and limit your total intake to 12g of lactose per day.	Milk	Lactose free milk, soy milk or other plant based milks
	Yoghurt	Lactose free, soy, coconut, oat yoghurt Start with 1 tablespoon of regular yoghurt and increase with tolerance
	Cheese	Lactose free, soy, coconut, oat yoghurt Hard cheeses – cheddar, parmesan, Swiss and feta in small amounts ½ cup of cottage cheese
	Ice Cream	Sorbet or 50g of dark chocolate
LOW FODMAP	Fruit - check the Monash University low FODMAP app	Unripe bananas, blueberries, rockmelon & honeydew melon, red and green grapes, kiwi fruit green and gold, mandarin, orange, passionfruit, pawpaw, pineapple, raspberry, rhubarb and strawberry
	Vegetables - check the Monash University low FODMAP app	Alfalfa, bean sprouts, green beans, Beetroot (2 slices), Bok choy, Broccoli, brussel sprouts, cabbage (limit savoy to ½ cup) capsicum green and red, carrot, ¼ stick of celery, cucumber, fennel, ginger, kale, lettuce, oyster mushroom NOT button mushroom, spring onion green tips only, snow peas x5 max, potato, sweet potato ½ cup max, Kent pumpkin, radish, silverbeet, baby spinach, squash, tomato all, witlof and zucchini
	Grains & cereals	Rice Rice noodles Oat bran Rolled oats ½ cup Pasta – gluten free, quinoa, spelt Polenta Quinoa flakes 2 x wholegrain cereal biscuits
	Bread	Spelt sourdough, oat sourdough, corn tortillas, gluten free bread
	Other: Cashews & pistachios Hummus Honey and mixed berry jam *start with very small amounts and slowly increase to improve tolerance.	Coconut max ¼ cup(you rarely eat more than this amount in one sitting but be careful not to eat other high FODMAP foods at the same time) Seaweed Nori Almonds x10 max, other nut and seeds are low FODMAP Eggplant dip Golden and 100% maple syrup, strawberry jam

Contact us:

 info@moodfoodnutrition.com.au
 www.moodfoodnutrition.com.au

 [@moodfood_nutrition](https://www.instagram.com/moodfood_nutrition)
 [@moodfoodnutrition](https://www.facebook.com/moodfoodnutrition)