



Take care of your gut!

FODMAPs (Fermentable Oligo-, Di-, Mono-saccharides And Polyols) are carbohydrates that are partially digested and absorbed in the gut. This causes cramps and bloating in people suffering from IBS. The Low-FODMAP diet consists in eliminating these carbs for several weeks and then reintroducing them one by one to identify which FODMAPs are causing the symptoms. The good news: The Low-FODMAP Diet is effective in 75% of cases.

Why choose SOS Cuisine?

Following this diet without help is a real challenge because FODMAPs are found in many common foods. Also, these foods may contain several FODMAPs, in different quantities.

Fortunately, SOS Cuisine is here for you! We make your life easy by providing weekly Low-FODMAP meal plans that draw upon over 500 delicious Low-FODMAP recipes.

These meal plans and recipes are based on the Mediterranean diet and take advantage of fresh seasonal produce.

How does it work?



Each week you will receive:

- ✓ **7-day, 3 meals/day menu:** balanced and personalized according to your preferences
- ✓ Fast, easy and delicious **recipes** for the 7-day menu
- ✓ Matching **grocery list**, based on the current Flyer Specials at local supermarkets
- ✓ Step-by-step **action plan** to save time in the kitchen
- ✓ **Newsletter:** Reminder, tips and encouragement
- ✓ Exclusive access to our Dietitian-led **support group on Facebook**



Why are the Meal Plans SMART?

Because they ensure that, week after week, you will:

- ✓ Eat what's **BEST** to reduce your symptoms
- ✓ **ENJOY** eating your meals
- ✓ Take advantage of the **BEST DEALS** at your favourite supermarkets

To learn more, visit:

www.soscuisine.com/FODMAP
We can help you!

Questions :

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Eating well made easy™

Smart **Low-FODMAP**
Meal Plans for **IBS**

Irritable Bowel Syndrome - Dyspepsia
Bloating - Diarrhea - Constipation - Flatulence

Checklist of Main High-FODMAP Foods

GRAINS

- Breakfast cereals
- Barley
- Wheat products (bread, cookies, couscous, flour, pasta)
- Rye products (bread, flour)



NUTS AND SEEDS

- Cashews
- Pistachios



LEGUMES

- Beans (red, navy, flageolets)
- Chickpeas, dried
- Fava beans
- Lentils, dried
- Soybean
- Split peas



VEGETABLES

- Artichoke
- Asparagus
- Cauliflower
- Garlic
- Jerusalem artichoke
- Leek
- Mushroom
- Onion (all kinds)
- Sugar snap/snow peas



FRUITS

- Apple
- Apricot
- Blackberry
- Cherry
- Fig
- Mango
- Nectarine
- Peach
- Pear
- Persimmon
- Plum
- Watermelon



DAIRY AND ALTERNATIVES

- Ice cream
- Kefir
- Milk
- Milk powder
- Soft cheese (cottage, mascarpone, ricotta)
- Soy products (beverage, yogurt)
- Sweetened condensed milk



SWEETENERS

- Honey
- Jam
- Molasses



BEVERAGES

- Cider
- Fruit juice
- Rum
- Vermouth
- Sweet wines (crème de cassis, Marsala wine, Muscat wine, Pernod, Porto)



Official Nutrition Partner of



MEAT, FISH, AND EGGS

- Prepared meals with High-FODMAP ingredients (sausages, broth, etc.)

Source: Monash University and other nutrition databases

Use this checklist when eating out.

For grocery shopping, SOS Cuisine provides you with a 100% personalised grocery list consistent with the low FODMAP diet.

For more information and to subscribe: www.soscuisine.com/FODMAP