

# LOW – FODMAP BBQ GUIDE

If you experience ongoing or severe symptoms, always speak to your GP. This guide does not replace medical advice



**We're really glad you're here.**

At Simply Gut Health, we do things a little differently.

We know how frustrating gut symptoms can be — and how often they're misunderstood. Whether you're navigating flare-ups, waiting on answers, or just feeling overwhelmed, you're not alone.

This space was built to offer clear, calm, science-backed support — and to remind you that your experience is valid.

We're here when you need us.

— The Simply Gut Health Team



"Simply Gut Health gave me clear, practical advice for managing rumination. It's made a real difference in how I feel—both mentally and physically. Highly recommend!" - Alex Simply Gut Health Client

**SIMPLY GUT  
HEALTH**

# Why Low-FODMAP?



## What Are FODMAPs? The Easy Version

FODMAPs are a group of certain sugars found in everyday foods that can cause tummy troubles for some people, especially those with Irritable Bowel Syndrome (IBS). The word sounds complicated, but it simply stands for Fermentable Oligo-, Di-, Mono-saccharides and Polyols – basically, different types of short-chain carbs.

Here's the key: These carbs don't get fully digested in your small intestine. Instead, they travel down to your gut where friendly bacteria start fermenting them, creating gas. This can lead to symptoms like bloating, cramps, pain, and unpredictable trips to the bathroom.

## Why Should You Care?

If you've ever felt uncomfortably bloated or gassy after eating certain foods – like onions, garlic, or beans – FODMAPs could be the cause. For many people with IBS, eating too many FODMAPs at once triggers these unpleasant symptoms.

## What's the Low-FODMAP Diet?

Developed by researchers at Monash University, the Low-FODMAP diet is a proven way to manage these symptoms. It's not about cutting out all FODMAPs forever – that would be impossible and boring!

Instead, it helps you:

Identify which FODMAPs cause your symptoms

Learn how much of these foods you can comfortably eat

Enjoy a balanced, tasty diet without feeling restricted-

## The Portion Size Secret

Here's the tricky bit: Even foods that are "low-FODMAP" can cause issues if you eat too much at once. This is called FODMAP stacking – when you combine several low-FODMAP foods in big portions, the total amount of FODMAPs adds up and your gut may react.

Think of it like adding logs to a fire. One log might be fine, but if you pile on too many, the fire gets out of control.

# Smart Swaps for everyday BBQ ingredients

## 1. Bread & Grains

✗ Wheat bread, rye bread, regular pasta

✓ Sourdough spelt bread (1 slice), gluten-free bread/pasta (rice, corn, quinoa), oats, rice

## 2. Dairy

✗ Regular milk, soft cheeses, yoghurt

✓ Lactose-free milk, hard cheeses (cheddar, parmesan), lactose-free Greek yoghurt, almond/coconut yoghurt

## 3. Fruits

✗ Apples, pears, mangoes, watermelon

✓ Bananas (firm), oranges, berries, kiwi, cantaloupe (small amounts)

## 4. Vegetables

✗ Onion, garlic, cauliflower, mushrooms

✓ Green beans, carrots, spinach, courgette, garlic-infused oil

## 5. Sweeteners

✗ Honey, high-fructose corn syrup, sorbitol

✓ Maple syrup, rice malt syrup, table sugar (moderate), stevia, monk fruit

# Stacking

## What's "Stacking"?

When you eat several low-FODMAP foods in large amounts, the cumulative effect of the fermentable carbs adds up.

This can overwhelm your gut and trigger symptoms like bloating, gas, or discomfort.

So, even low-FODMAP foods have a recommended maximum portion size to keep you symptom-free.

## Why These Limits Matter:

The low-FODMAP diet isn't just about which foods you eat but also how much you eat.

Exceeding these portion sizes can tip your gut over the edge, causing discomfort even with "safe" foods.

Following these limits helps you enjoy a wider range of foods without symptoms.



Avocado ( $\leq 30\text{g} \approx \frac{1}{8}$  fruit)

Avocados contain some polyols (sorbitol) which can trigger symptoms. Eating up to about 30 grams (roughly one-eighth of a whole avocado) is usually safe.

Sweetcorn (fresh) ( $\leq \frac{1}{2}$  cob  $\approx 40\text{g}$ )

Corn has some FODMAP content but half a small cob (~40 grams) is usually tolerated. Larger amounts can cause issues.

Butternut squash / Pumpkin ( $\leq 75\text{g}$ )

These are moderate in FODMAPs, so keep the portion under about 75 grams to avoid symptoms.

Aubergine ( $\leq 75\text{g}$ )

Eggplants are low-FODMAP but the portion should be limited to around 75 grams.

Courgette (Zucchini) ( $\leq 65\text{g}$ )

Courgette is low in FODMAPs but eating more than 65 grams might add too many fermentable carbs.

Red pepper ( $\leq 43\text{g}$ )

Red peppers have a small amount of FODMAPs, so keeping it under 43 grams is recommended.

Almonds ( $\leq 10$  nuts  $\approx 12\text{g}$ )

Almonds contain oligosaccharides, which can be problematic if eaten in large quantities. Ten nuts is the safe limit.

Coconut yoghurt ( $\leq 125\text{g}$ )

This portion is considered low-FODMAP as long as it's plain and unsweetened.

Tinned chickpeas/lentils ( $\leq 42\text{g} \approx 3$  tbsp), rinsed and drained

These pulses contain oligosaccharides but rinsing and limiting portion size reduces FODMAPs to a tolerable level.

# IBS - Friendly BBQ Ideas



## Veggie Options

Tofu & Courgette Skewers – garlic-infused oil, paprika, oregano

Halloumi Slices – grilled golden, lemon & herbs

Stuffed Sweet Potatoes – coconut yoghurt, chives, paprika

Grilled Polenta Slices – crisped and served with roasted veg

## Meat & Fish Options

Marinated Chicken Thighs – paprika oil, lemon, rosemary

Beef Burgers – oats or rice crumbs, thyme, paprika, black pepper

### Dips & Extras

Dairy-Free Slaw Dressing  
Low-FODMAP BBQ Sauce  
Aubergine Dip (Baba Ganoush style)

## Flare-Safe BBQ Tips

Drink still or infused water instead of fizzy

Avoid “FODMAP stacking” – watch portions

Label marinades & dips to avoid cross-contact

Chew slowly and pause between servings

Include plant proteins for balance

### Bonus: Quick BBQ Rub (FODMAP-Free)

1 tbsp smoked paprika  
1 tsp dried oregano  
½ tsp ground cumin  
½ tsp mustard powder  
Salt & pepper to taste

Mix with garlic-infused oil and brush over veg, tofu, or meat

## Low-FODMAP Sides & Salads

Dairy-Free Potato Salad

Crunchy Rainbow Slaw

Charred Mediterranean Veg

Mini Cornbread Muffins (GF & DF)





IF THIS TOOLKIT  
RESONATED, WE'D  
LOVE TO HELP YOU  
PUT IT INTO  
PRACTICE

How Simply Gut Health Can Help

We offer:

- Email Support: Personalised, science-based answers to your flare pattern.
- Email Support for Hospital and GP Appointments, to make sure you have the tools and information to advocate for yourself
- 1:1 Appointments: Bespoke support plan that fits your life.
- Facebook Support Groups: Talk, vent, share, and feel understood.

Kind science. Real answers. Practical support.  
Let's take this on together.

[WWW.SIMPLYGUTHEALTH.CO.UK](http://WWW.SIMPLYGUTHEALTH.CO.UK)  
[INFO@SIMPLYGUTHEALTH.CO.UK](mailto:INFO@SIMPLYGUTHEALTH.CO.UK)



[CLICK HERE TO SEE ALL OUR SOCIAL  
MEDIA PAGES AND SERVICES](#)