

HOW TO NOT BE THAT PERSON WHEN YOU EAT OUT AKA DINING OUT GUIDE FOR PEOPLE WITH FOOD ALLERGIES:



No, you can't always be this lucky to find the most perfect menu but there are still options!

Having food allergies is stressful enough but adding dining out and other people to the equation just adds more pressure to the situation. You have to be ready with your super hero bag of tricks and I am here to help!



A few helpful tips prior to even arriving at the restaurant:

1. Call the restaurant beforehand and alert them of your food allergies.
2. Ask for the waiter to be alerted as well.
3. Review the menu to have a POA (plan of action).

Cuisines

Italian



I'm sure you are thinking there is no way I can eat Fodmap safe out at Italian restaurants but it's actually easier than you would expect! Make sure the restaurant is aware of your garlic and onion allergy right away. Surprisingly I had the EASIEST time in Italy. The restaurants were so accommodating and since all the food is so fresh, it was not a problem to make anything garlic free. I have actually never eaten so much in my life without any issues!

- ✓ Gluten free pasta sauce with garlic free sauce (olive oil, butter or even tomato sauce if they can make it) and a protein of your choice
- ✓ Gluten free pizza with Fodmap safe cheese (make sure the crust does not have agave syrup) and the sauce is garlic free OR ask for no sauce
- ✓ Protein such as fish, chicken, steak with Fodmap safe sides like sautéed spinach, green beans, potatoes, sautéed vegetables, and polenta
- ✓ Main entree salad with a protein
- ✓ Gnocchi-check if gluten free

Mexican



Two words: CORN TORTILLAS! Corn tortillas and corn chips are a no brainer at a Mexican restaurant. You'll want to ask before dipping into the salsas as they usually have garlic and onion. Make sure to clarify that your protein needs to be garlic and onion free.

- ✓ Taco of your choice with desired protein
- ✓ Side of rice is usually safe as long as it doesn't have garlic in it.
- ✓ Main entrée salads with a protein of your choice
- ✓ Fajitas with corn tortillas
- ✓ Protein with a side of grilled vegetables and rice
- ✓ Ceviche (as long as garlic and onion free)
- ✓ Nachos without onions and Fodmap safe cheese

American



American food can be challenging but as long as you have a game plan it is totally doable! Plus a lot more American restaurants now offer gluten free options.

- ✓ Any burger or grilled chicken sandwich without a bun (if GF bun options are available, make sure they are fodmap safe)
- ✓ Side of French fries, Fodmap safe vegetables
- ✓ Main salad with a grilled protein of your choice
- ✓ Grilled chicken nuggets

Lunch

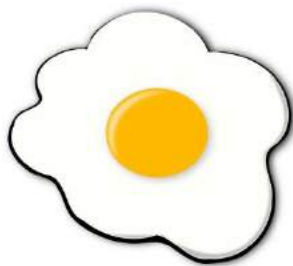
Sourdough bread is Fodmap safe and has been a HUGE help when traveling or dining out for lunch for me. You want to make sure it is bakery style sourdough bread which it usually is. You can also find great lunch salads and if there are items that are not fodmap safe you can ask them to be taken off and double up on the safe stuff. Be careful with salad dressings as they can have hidden garlic and onion. To be safe, I ask for olive oil & balsamic or olive oil & lemon.



- ✓ Deli Sandwich with sourdough or gluten free bread (make sure it's Fodmap safe)
- ✓ Lettuce wrap sandwich ([Jimmy Johns](#) and [Which Wich](#) offer lettuce wraps!)
- ✓ Main salad with a protein, for example at [Subway](#) you can order a salad with deli meat
- ✓ Kettle chips area fodmap safe chip option

Breakfast/Brunch

Breakfast is one of the easiest meals to dine out as the options are so simple! Just make sure to clarify that the breakfast sides like potatoes need to be free of garlic and onion.



- ✓ Eggs, eggs, eggs
- ✓ Gluten free or sourdough toast
- ✓ Potatoes (as long as garlic and gluten free)
- ✓ Fodmap safe fruit
- ✓ Oatmeal
- ✓ Bacon
- ✓ Breakfast tacos (corn tortillas)
- ✓ Gluten free pancakes/waffles

Seafood

Thank goodness for seafood restaurants! Since fish is prepared when you order, it is SO easy to make Fodmap safe. This is a great fall back when you are out of town and want a safe and healthy choice. Make sure the restaurant knows you need everything to be made garlic and onion free.



- ✓ Any type of grilled fish
- ✓ Ceviche
- ✓ Fish tacos (on corn tortillas)
- ✓ Shrimp cocktail
- ✓ Sides: potatoes, Fodmap safe vegetables, French fries
- ✓ Tuna tartar
- ✓ Crab cake (if gluten free)
- ✓ Main salad with protein of your choice
- ✓ Steak

Asian

I'm pretty sure Asian food is my favorite cuisine. It is easy to make substitutions as the food is almost always made to order. I can eat tummy safe foods like rice or soup and I always feel good after. I'm going to categorize Asian food into one lump to include Chinese, Thai, Vietnamese, Japanese, Korean, Sushi, etc. Make sure the restaurant is aware of your garlic and onion allergy.



- ✓ Sushi-be careful on how much soy sauce you have, a small amount is okay
- ✓ Miso soup-miso is naturally fermented and good for the stomach

- ✓ Seaweed salad
- ✓ Cucumber salad
- ✓ Vermicelli bowls (request no onions or shallots)
- ✓ Pho (request no onions)
- ✓ Any noodle bowl made out of rice noodles. One of my favorites is Pad Thai!
- ✓ Any protein that is not battered accompanied with steamed rice and low Fodmap safe vegetables like eggplant, bokchoy, and green beans
- ✓ Fresh spring rolls
- ✓ Fried rice
- ✓ Steamed vegetables

Mediterranean

Mediterranean food can be tricky as garlic is so heavily used. It is easier if you avoid the fast service style foods where all the proteins are usually pre-marinated. Make sure the restaurant is aware of your garlic and onion allergy.



- ✓ Kabobs
- ✓ Sides of rice, potatoes, fodmap safe vegetables such as eggplant, zucchini, tomatoes
- ✓ Main salad with protein
- ✓ Fish, lamb, roasted chicken

Now I want to hear from **YOU**. What do you eat when you're eating out? Let me know if any of these tips and tricks helped! Fitfabfodmap@gmail.com

Xoxoxo,

Mollie aka Fitfabfodmap girl