



GOLO *Gurus*®

# Travel

## Tips and Tricks Guide

for the Savvy FODMAP Traveler



# GOLO *Gurus*

## *Travel Tips and Tricks Guide*

We know how overwhelming it can be to try to eat on a low FODMAP plan at home (that's why we created the GOLO Gurus recipe manager for you)! Nonetheless, the thought of eating low FODMAP on the road!!?? This might seem unimaginable at first. But with some planning, your next trip can be made a little easier to navigate with our simple guide to eating low FODMAPS on the go.

### *Preparing to Travel*

- When you travel, request a mini frig.
- Better yet, stay in a hotel with a kitchen in the room.
- Scope out the local co-op or Whole Foods grocery store, so you can quickly shop for a few staples.
- Pack a lunch bag with a freezable insert, so you can take snacks and lunch with you.
- If you get caught out between meals, protein calms blood sugars and hunger, much quicker than carbohydrates. Take protein powder with you for a quick and portable protein. We recommend Designs for Health PurePaleo in plain or Vanilla (beef protein) or MRM Rich Natural Whey (whey protein) or Designs for Health PurePea protein (if you tolerate pea protein) and a good protein shaker. Take a baggie of protein packed in the protein shaker while you are on the go. Then you just need to add water and shake.
- Take a look at the menus well in advance of your trip.
- Don't get your hopes up, by showing up to an Italian or Greek restaurant, expecting them to have *anything* made without garlic. Instead, look for Surf and Turf restaurants, Sushi, French American, or a nicer Seafood establishment.



- If you are going to a nicer restaurant, call two weeks prior and let them know which night you will be dining with them. Alert them to your “garlic and onion ‘allergies’” and request some help with choosing a menu item. \*\*It is best to look at their menu ahead of time so you already have an idea of what they serve. Then you can say something like... “I see that you serve salmon, rice pilaf and carrots. Can you make this garlic and onion free for me please?” If you know exactly what you are going to order, and that this is a ‘safe’ food for you, imagine how much more you will enjoy your evening!
- When you order at a restaurant, we recommend that you use the word ‘allergy’ instead of ‘intolerance.’ They will take you more seriously. Say something like, “No garlic or onion please, I’m allergic to both and would you please be so kind as to cook my meal in a fresh pan too?”

## *Restaurant Ideas*

### *Go out for Sushi!*

- Sushi:
  - Opt for plain sushi without fancy sauces. For example, a salmon skin, avocado and cucumber roll or a nori, rice, avocado and cucumber roll.
  - Stick to SEARED fish or cooked prawns. If you have a functional gut disorder, you are likely at a higher risk for getting a food borne illness. Make sure you order seared fish in your sushi. This will cut down on your risk of pathogens and cross contamination. White rice is also a low FODMAP. Wasabi and soy sauce are both low FODMAP foods.
- Ask for gluten free soy sauce, and enjoy the pickled ginger.
- Snack on boiled Edamame



### *Go out for French American:*

- Aged cheese plate with grapes. Some restaurants even offer gluten free rice crackers.
- Sautéed fish with boiled potatoes and green beans
- Caprese Salad (dressed with only olive oil and balsamic vinegar drizzle)
- Arugula salad with shaved parmesan, olive oil, and lemon juice topped with seared salmon.

### *Find a Surf and Turf or Seafood Restaurant*

- Grilled chicken or salmon over mixed greens, with carrots, cucumber garbanzo beans, parmesan, olives, sunflower seeds, and olives too!
- Grilled meat, grilled chicken, baked or poached fish with olive oil and a side of steamed vegetables
- Prawn, shrimp or shrimp cocktail with lemon and on lettuce (no celery or cocktail sauce)
- Steak (make sure grilled plain) with sautéed green beans and white rice
- Hamburger patty with tomato, avocado and aged cheese, wrapped in lettuce leaf, with a side of mixed greens.

### *Pack Some Indulgent Sweet Treats*

- Justin's Dark Chocolate Peanut Butter Cups
- Theo's or Bija brand dark sea salt or plain chocolate bar
- Aleia's cookies:
  - Almond Horn cookies and Peanut Butter cookies



## *FODMAP Friendly Snacks:*

If you have SIBO and you have been eating three square meals a day, we recommend that you include a protein and fat snack choice while traveling. This will not interfere with your treatment plan and it will help keep your blood sugar more steady while you travel. No one likes to get ravenous while traveling and then have dietary limitations to navigate. This is a recipe for disaster.

Pair a carbohydrate with a protein and fat choice from the list below. Or simply choose a protein and fat choice to eat on its own. By including a protein and fat choice snack item, you will keep your blood sugar more even and be less hungry at your main meals.

## *Carbohydrates Snacks*

- Banana, Orange, blueberries or Grapes
- Plain sea salt popcorn
- Snyder (gluten free) Pretzels
- Veggie crudité (carrots, cucumbers, cherry tomatoes, radishes, red pepper, zucchini)
- GimMe organic seaweed snacks (sea salt)
- Kettle's Baked Potato Chips
- Lundberg (sea salt) Rice Chips
- Corn Tortilla Chips
- Mary's Gone Crackers Snack Size travel packs
  - Original, Black Pepper, Super Seed, Caraway, Sea Salt Pretzels
- Natural Nectar Gluten Free Cracklebred (original)
- Lundberg Rice Cakes/Thin Stackers
  - Plain Sea salt, Tamari with Seaweed, and Mochi Sweet
- Barney Butter snack packs, Raw + Chia, Cocoa +Coconut
- Blue Diamond Almond Nut Thins (like rice crackers, these contain milk)
- Laiki Rice Crackers



## *Proteins and Fats Snacks*

- Hard boiled eggs
- Raw Macadamia nuts (our favorite. These are LOW in FODMAP and around 5 is 100 calories)
- Raw almonds. Starbucks: raw almond pack (at counter)
- Raw peanuts
- Frozen Edamame
- Be Nice, Love Your Guts bars are FODMAP friendly
- We offer a bunch of make and bake FODMAP friendly bar recipes too!
- Homemade trail mix (Almonds, brazil nuts, macadamia nuts, peanuts, walnuts, pecans, pumpkin seeds, and/or sunflower seeds)
- Pack our grain free granola
- Tillamook's Tillamoos Medium Cheddar Cheese single pack
- String cheese
- Canned sardines, clams, oysters, chicken, tuna, or salmon
- Wildwood Baked Tofu (Aloha flavor)
- Canned black olives

## *Nut Butter Packets*

- Justin and Wild Friends nut butter packets:
  - Classic Peanut Butter, Almond Butter, and Sunflower Butter
  - Spread on rice cakes, stir in hot porridge, or spread on a banana

## *Individual Yogurt Packets:*

- Chobani or Fage
- Lactose Free Green Valley yogurt (if pectin is tolerated)



## *Breakfast*

- “Instant Porridge:” Pack some GF quick cooking oats or Cream of Buckwheat. At the hotel, use a paper cup or glass mug and pour boiling water over:
  - Option #1: ½ cup oats, 1 packet nut butter, and a sprinkle of chia seeds.
  - Option #2: ¼ cup cream of buckwheat, 1/4 teaspoon of chia or flaxseed, and a pinch of any or all of the following: cinnamon, cardamom, salt, and coconut or palm sugar.
  - Option #3: And.... Bob’s Red Mill Plain Classic Oatmeal To-Go Cups. Add your choice of toppings.
- Find a restaurant that serves breakfast 24 hours a day.
  - Eggs, bacon, banana, avocado and blueberries
  - Omelet with tomatoes, peppers, bacon, light on cheese (if you can tolerate cheese, or omit) and spinach
  - Poached eggs on ham with side of fruit (blueberries and cantaloupe)
  - Omelet with spinach, tomatoes, and cheese
  - Omelet with tomatoes, peppers, bacon and spinach
- Breakfast Melon Bowls: Spoon out the seeds of half a cantaloupe. Make the hole a little larger. Fill with plain Greek yogurt (if tolerated) and sprinkle with chia and hemp seeds.
- Starbucks: plain oatmeal with plain almond milk and add a few raw almonds (available for purchase in a package at the register).

## *Medicinal*

- Enteric Coated Peppermint oil capsules: can help soothe an upset tummy
- Activated Charcoal: at the first sign of food poisoning, take 2 capsules, 2 more 2 hours later and 2 more 4 hours later. This will help bind and reduce the toxin production, reduce symptoms and reduce long term effects from this food poisoning event.