

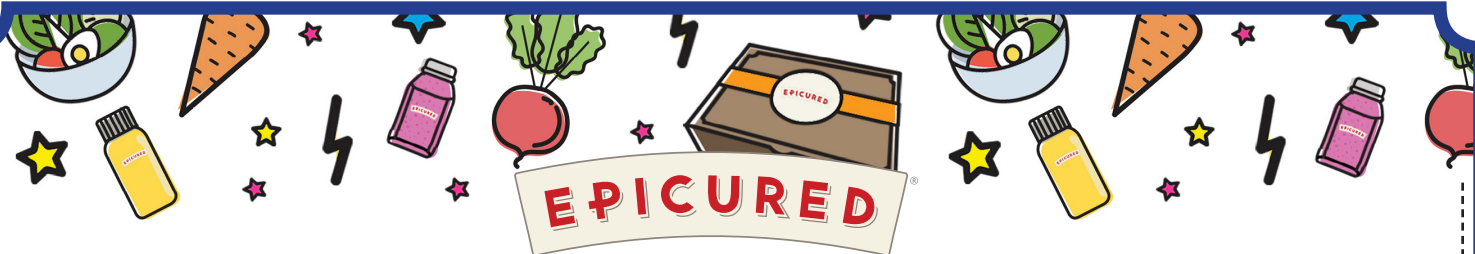
# THE LOW FODMAP

## *Get More Guide*

How to **GET MORE** of what your body needs,  
while following a **low FODMAP** diet.

| GET MORE...                                                                                                                                                                                                             | FOODS TO ENJOY                                                                                                                                                                                                                                                               | WE RECOMMEND                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Fiber</i></p> <p><i>Recommended Daily Allowance</i></p> <p><b>Women 19-50 yrs: 25g</b></p> <p><b>Women &gt; 50 yrs: 22g</b></p> <p><b>Men 19-50 yrs: 35g</b></p> <p><b>Men &gt; 50 yrs: 28g</b></p>               | <p>Chia seeds (2 tbsp=10 g)</p> <p>Carrots (10 baby-cut=6 g)</p> <p>Broccoli (¾ cup florets=2 g)</p> <p>Edamame (1/2 cup=4 g)</p> <p>Lentils (½ cup, canned=8 g)</p> <p>Oats (½ cup, uncooked=4 g)</p> <p>Quinoa (1 cup, cooked=5 g)</p> <p>Raspberries (30 berries=4 g)</p> |  <p><b>Strawberry Rose/<br/>Vanilla Coconut Chia Seed Pudding</b></p> |
| <p><i>Protein</i></p> <p><i>Recommended Daily Allowance</i></p> <p><b>Women 19-50 yrs: 46g</b></p> <p><b>Women &gt; 50 yrs: 46g</b></p> <p><b>Men 19-50 yrs: 56g</b></p> <p><b>Men &gt; 50 yrs: 56g</b></p>             | <p>Eggs (1 large=6 g)</p> <p>Edamame (½ cup=9 g)</p> <p>Oats (½ cup, uncooked=10 g)</p> <p>Tuna (1 cup, canned=26 g)</p> <p>Quinoa (1 cup, cooked=8 g)</p> <p>Lean beef (3 oz =21 g)</p>                                                                                     |  <p><b>Zaatar Chicken<br/>with Quinoa Tabbouleh</b></p>              |
| <p><i>Calcium</i></p> <p><i>Recommended Daily Allowance</i></p> <p><b>Women 19-50 yrs: 1000mg</b></p> <p><b>Women &gt; 50 yrs: 1200mg</b></p> <p><b>Men 19-50 yrs: 1000mg</b></p> <p><b>Men &gt; 50 yrs: 1000mg</b></p> | <p>Chia seeds (2 tbsp=160 mg)</p> <p>Mozzarella (¼ cup=200 mg)</p> <p>Lactose free cow's milk (1 cup=300 mg)</p> <p>Tofu (2/3 cup firm=224 mg)</p> <p>Collard greens (1 cup, raw=84 mg)</p> <p>Cheddar (2 slices=300 mg)</p>                                                 |  <p><b>Baked Lasagna Bolognese</b></p>                               |

*\* All items in raw form unless noted otherwise*



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## GET MORE...

### Potassium

*Recommended Daily Allowance*

**Women 19-50 yrs: 4,700mg**

**Women > 50 yrs: 4,700mg**

**Men 19-50 yrs: 4,700mg**

**Men > 50 yrs: 4,700mg**

## FOODS TO ENJOY

Broccoli (¾ cup=224 mg)  
 White potato (1 medium, baked=941 mg)  
 Tomato (1 medium=292 mg)  
 Spinach (1 ½ cups, raw=250 mg)  
 Sweet potato (½ cup baked=274 mg)  
 Cantaloupe (¾ cup=368 mg)  
 Kiwifruit (2 small=250 mg)

## WE RECOMMEND



**Grilled Steak with Argentinian Chimichurri Sautéed Spinach and Mashed Sweet Potato**

### Vitamin C

*Recommended Daily Allowance*

**Women 19-50 yrs: 75mg**

**Women > 50 yrs: 75mg**

**Men 19-50 yrs: 90mg**

**Men > 50 yrs: 90mg**

Bell pepper (1 medium red=115 mg)  
 Tomato (1 medium=17 mg)  
 Cantaloupe (¾ cup=48 mg)  
 Oranges (1 medium=70 mg)  
 Strawberries (10 medium=70 mg)  
 Kiwifruit (2 small=111 mg)



**Grab & Go Gazpacho**

### Iron

*Recommended Daily Allowance*

**Women 19-50 yrs: 18mg**

**Women > 50 yrs: 8mg**

**Men 19-50 yrs: 8mg**

**Men > 50 yrs: 8mg**

Lean Beef (3 ounces=2.4 mg)  
 Turkey (3.5 ounces=1.5 mg)  
 Tofu (2/3 cup firm=8.6 mg)  
 Oats (½ cup, uncooked=1.7 mg)  
 Eggs (2 large=1.8 mg)  
 Chia seeds (2 tbsp=1.2 mg)  
 Quinoa (1 cup cooked=3 mg)



**Frittata**

### Magnesium

*Recommended Daily Allowance*

**Women 19-50 yrs: 310-320 mg**

**Women > 50 yrs: 320mg**

**Men 19-50 yrs: 400-420mg**

**Men > 50 yrs: 420mg**

Chia seeds (2 tbsp=82 mg)  
 Quinoa (1 cup cooked=119 mg)  
 Pumpkin seeds (2 tbsp=93 mg)  
 Almonds (10 nuts=32 mg)  
 Brown rice (1 cup, cooked=76 mg)



**Warm Autumn Salad**

\* All items in raw form unless noted otherwise

**WE MAKE LOW FODMAP EASY & DELICIOUS**  
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