

Mom's Kitchen & Nature's Best

Menu Item	FODMAP Ingredients to be Aware of
Steak Dianne	Onions Mushrooms Cream
Butter Chicken	Onions Garlic Sambal Cream
Japanese Ginger Chicken	Green Onions Teriyaki Sauce
Tandoori Chicken and Shrimp	Plain Yogurt Onion Powder Ground Garlic
Bechamel Sauce	2% Milk Flour Vegeta Onion Powder
Beef Chili	Onion Garlic Powder Tomato Sauce Kidney Beans Celery
Lamb Burger with Goat Cheese Filling	Garlic Onion Bread Crumbs
Tamarind Beef Stew	Onion Garlic Tomato Sauce
Macaroni and Cheese	Bechamel Sauce Macaroni Pasta Vegeta

Tomato Meat Sauce

Trattoria
Onion
Granulated Garlic
Celery

Sweet and Sour Tofu

Onion
Celery
Cauliflower
Garlic
Ketchup
Scallions

Whole Roasted Sirloin

Garlic