

FODMAP Friendly Options on Campus

Choose these ingredients at Build Your Own stations:

Grain Products	Proteins	Vegetables	Fruit	Sauces/Seasonings	Sides
<ul style="list-style-type: none"> • Gluten Free Bread • Gluten Free Buns • Gluten Free Pasta • Rice- ask about what seasonings are used, or double check the ingredients list at service • Rice Noodles • Quinoa 	<ul style="list-style-type: none"> • Bacon • Eggs • Egg Salad • Egg Omelette- plain or with FODMAP friendly fillings • Extra Firm Tofu • Grilled Chicken • Hamburger- most are 100% beef, however ask if there is wheat in the patty • Pumpkin Seeds • Sunflower Seeds • Peanuts • Peanut Butter • Sliced Ham • Sliced Roast Beef • Sliced Turkey Breast • Tuna 	<ul style="list-style-type: none"> • Banana • Peppers • Carrots • Cucumber • Ginger • Green Beans • Jalapeno Peppers • Kale • Olives • Peppers • Pickles • Radishes • Romaine Lettuce • Spinach • Tomatoes • Zucchini 	<ul style="list-style-type: none"> • Bananas • Blueberries • Cantaloupe • Grapes • Honeydew Melon • Lemons • Limes • Oranges • Clementines • Pineapple • Strawberries 	<ul style="list-style-type: none"> • Black Pepper • Herbs • Mayonnaise • Maple Syrup • Margarine • Olive Oil • Salt • White or Rice Vinegar 	<ul style="list-style-type: none"> • Cheese (excluding cream cheese) • French Fries

Creelman Hall: FODMAP Friendly Options

100 Mile Grill

- Beef burgers (100% beef)
- Ask for plain chicken instead of seasoned
- Mayonnaise
- Lettuce and tomato
- French fries
- Gluten free bun

Deli

- Roast beef
- Gluten free bread
- Check vegetables (see list above)
- Mustard (check ingredients for onion/garlic) or mayonnaise

Mongolian Grill (also found in Prairie cafeteria)

- Check vegetables (see list above)
- Sauces- Sweet and Sour is FODMAP friendly

Nachos and Quesadillas

- No onion
- No salsa or guacamole
- No beef

Nature's Best Buddha Bowls

- Check vegetables (see list above)
- Ask for plain steamed rice

Pasta

- No tomato sauce, instead use olive oil, butter
- Choose vegetables, tofu, plain chicken
- Gluten free pasta

Pizza

- No sauce (onions)- make it like a flatbread
- Check vegetables (see list above)

Salad Bar

- Put your own together (see list above)
- You can get proteins and other toppings from Mongolian Grill or the pasta bar
- Check dressings, or try olive oil and balsamic vinegar found on top of the salad bar

Examples:

Build Your Own Salad

Romaine Lettuce
Carrots
Cucumber
Cherry Tomatoes
Peppers
Pumpkin Seeds
Hardboiled Egg
Olive Oil
Black Pepper
Parmesan Cheese

*Tip: Ask for a scoop of tuna from the deli as an alternative protein source

Build Your Own Burger

Grilled Chicken
100% Beef Patty
Gluten Free Bun or no bun
Romaine Lettuce
Tomato
Mayonnaise

*Tip: French fries on the side, or opt for a side of veggies from the salad bar

Build Your Own Sandwich

Gluten Free Bread
Roast Beef
Mozzarella Cheese
Spinach
Tomato
Banana Peppers
Margarine or Mayonnaise
Black Pepper