



Bloating Relief Guide

Low FODMAP by  Fitelo

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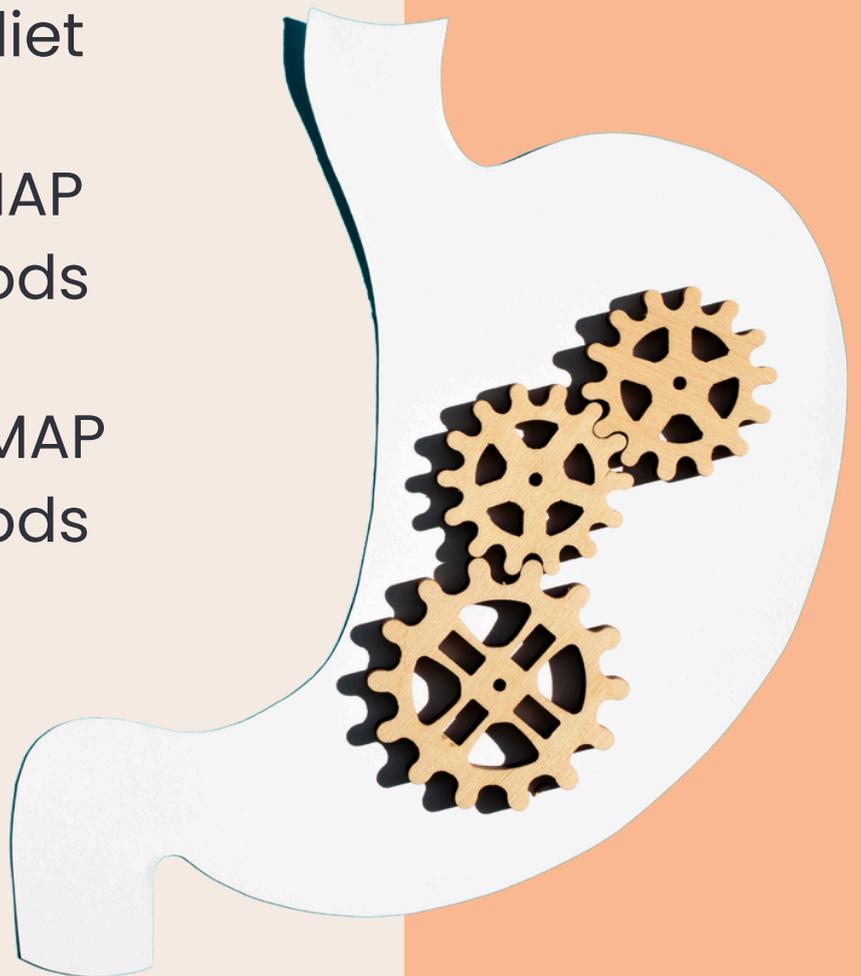
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Introduction

Prolonged issues like acidity, gas, and bloating often stem from poor digestion, food intolerances, or gut imbalance. This guide introduces the Low FODMAP diet-tailored to Indian meals-and key lifestyle changes to improve gut health and ease symptoms naturally.

What is a Low FODMAP Diet?

FODMAPs are fermentable carbohydrates that can worsen bloating and acidity. A low FODMAP diet reduces these foods to ease digestive symptoms. It does not cure acid reflux, but it can reduce gas pressure on the stomach, helping relieve reflux and bloating indirectly.

Low FODMAP Indian Foods (Safe Options)



- White rice, brown rice, quinoa
- Moong dal (yellow), soaked and cooked
- Cooked vegetables: carrots, pumpkin, spinach, zucchini
- Fruits: papaya, unripe banana, grapes, kiwi
- Lactose-free milk, almond milk
- Asafoetida (hing) instead of onion/garlic
- Spices: turmeric, cumin, fenugreek, mustard seeds
- Herbal teas: peppermint, chamomile
- Homemade ghee (small amounts)

High FODMAP Foods to Avoid



- Onion, garlic (and powders)
- Cabbage, cauliflower, mushrooms
- Legumes like rajma, chole, masoor dal (even if soaked)
- Dairy: milk, paneer, buttermilk (unless lactose-free)
- Mango, watermelon, apple, chikoo
- Wheat, maida, semolina
- Packaged foods, pickles with onion/garlic

Essential Lifestyle Changes



- Eat smaller meals more frequently
- Avoid lying down for at least 2 hours after eating
- Sit upright and eat slowly, chew well
- Avoid smoking and alcohol
- Stay hydrated with warm water or herbal teas
- Reduce stress through walking, meditation, or yoga
- Maintain a regular sleep schedule
- Avoid tight clothes around your stomach

If Low FODMAP Doesn't Work

While a Low FODMAP diet can help many people with gut issues like bloating, gas, and mild acidity, it may not work for everyone. Persistent or severe symptoms could be due to underlying issues such as:

- H. pylori infection
- Acid reflux disease (GERD)
- Gastritis or ulcers
- Food intolerances or allergies
- Gallbladder or liver issues

Sample diet



Early Morning (on waking)

- Warm water
- Optional: Jeera water or ginger water

Breakfast (Choose 1)

Option 1 (Veg)

- 2 Paneer bhurji (no onion, no garlic)
- 1 small rice roti or plain dosa
- Green chutney (no garlic)

Option 2 (Non-veg)

- 2–3 egg omelette (no onion)
- 1 plain dosa / 1 rice roti

Option 3 (Light)

- 1 bowl curd (lactose-free or small amount)
- 1 small banana

Mid-Morning

- 1 fruit:
- Papaya / Orange / Kiwi / Small banana
- Handful peanuts or 5–6 almonds

Lunch

- bowl steamed rice
- 1 bowl dal (moong dal preferred, small quantity)
- 1 bowl vegetable sabzi:
- Carrot / lauki / tori / pumpkin / spinach / capsicum
- 100–150g:
- Paneer OR chicken OR fish
- Salad: cucumber + tomato

✗ No onion, no garlic, no cauliflower, no rajma, no chole

Evening Snack

- Roasted makhana OR
- Poha (small quantity, no onion) OR
- Boiled eggs / paneer cubes

Dinner (Light & Early)

- 1 bowl rice OR 2 small rice rotis
- Stir fry veggies (same as lunch)
- 100g paneer / chicken / fish

Before Bed (Optional)

- Haldi water OR chamomile tea



Important Rules

- Follow strictly for 2–3 weeks only
- Then reintroduce foods one by one
- Not a lifetime diet

Fitelo Clinical Tip:

80% of bloating/IBS clients improve just by removing onion, garlic, wheat, and rajma.

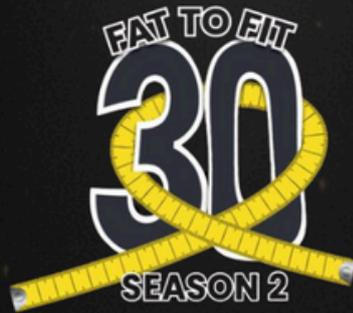
Tips for Long-Term Relief

- Track your symptoms and food triggers in a journal
- Introduce low FODMAP foods slowly, one at a time
- Work with a dietitian if symptoms persist
- Avoid OTC antacids as a long-term solution without medical advice



Disclaimer:

This sample Low FODMAP day plan is for general awareness and is not medical advice. Low FODMAP is a short-term elimination approach and should be individualized. If symptoms are severe, persistent, or worsening—or if you have a diagnosed medical condition—consult a qualified dietitian or gastroenterologist for evaluation and a personalized plan. Avoid long-term self-medication (including OTC antacids) without medical guidance.



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