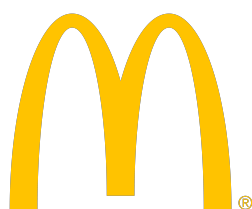




## Low FODMAP Fast Food Choices



### EGG MCMUFFIN<sup>®</sup>, EGG WHITE DELIGHT MCMUFFIN<sup>®</sup> (NO BREAD)



#### INGREDIENTS:

Egg: USDA Grade A eggs or egg whites  
Canadian Bacon: pork cured with water, sugar, salt, sodium lactate, sodium phosphate, natural flavor, sodium diacetate and sodium nitrite (preservatives)

Pasteurized Processed American Cheese: milk, cream, water, sodium citrate, cheese cultures, salt, color added, sorbic acid (preservative), citric acid, lactic acid, acetic acid, enzymes, soy lecithin



#### WATCH-OUTS:

Natural flavor in the pork may have onion/garlic. Test sensitivity to this. One slice of cheese should have safe amounts of lactose. Test sensitivity. Remove all bread. No sauces or condiments.



## Low FODMAP Fast Food Choices

McDonald's

### BIG BREAKFAST (ORDER CHOICES INDICATED BELOW)



#### INGREDIENTS:

Scrambled Eggs: eggs, citric acid  
 Hash Browns: potatoes, vegetable oil (canola oil, soybean oil, hydrogenated soybean oil, natural beef flavor [wheat and milk derivatives]\*), salt, corn flour, dehydrated potato, dextrose, sodium acid pyrophosphate (to maintain color), extractives of black pepper. \* Natural beef flavor contains hydrolyzed wheat and hydrolyzed milk as starting ingredients.

Thick Cut Applewood Smoked Bacon: pork bellies cured with water, salt, sugar, natural smoke flavor, sodium phosphate, sodium erythorbate, sodium nitrite

### OATMEAL



#### INGREDIENTS:

Water, whole grain rolled oats, brown sugar, modified food starch, salt, natural flavor, barley malt extract, caramel color



#### WATCH-OUTS:

Unclear if the flavoring in the hash brown, and bacon contains onion/garlic; slight amount of wheat is not likely to cause problems. Test sensitivity to this. Remove all bread. No sauces or condiments.



#### WATCH-OUTS:

Slight amount barley malt extract not likely to cause problems. If you add toppings, check ingredients.

McDonald's

## HAMBURGER OR CHEESEBURGER (PLAIN, NO BUN)



### INGREDIENTS:

100% Beef Patty: 100% pure USDA inspected beef; no fillers, no extenders. Prepared with grill seasoning (salt, black pepper).  
Pasteurized Processed American Cheese: milk, cream, water, sodium citrate, cheese cultures, salt, color added, sorbic acid (preservative), citric acid, lactic acid, acetic acid, enzymes, soy lecithin



### WATCH-OUTS:

Remove all bread. Order plain. No Sauces or condiments. Test sensitivity to cheese.

## FRENCH FRIES



### INGREDIENTS:

French Fries: potatoes, vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil, natural beef flavor [wheat and milk derivatives]\*), dextrose, sodium acid pyrophosphate (Maintain Color), salt. \* Natural beef flavor contains hydrolyzed wheat and hydrolyzed milk as starting ingredients.



### WATCH-OUTS:

Beef flavor may contain onion/garlic. Test for sensitivity. No sauces or condiments.



## Low FODMAP Fast Food Choices

McDonald's

### SIDE SALAD (NO DRESSING OR BRING YOUR OWN)



#### INGREDIENTS:

Salad Blend: romaine lettuce, baby spinach, carrots, baby kale, lollo rossa lettuce, red leaf lettuce, red oak lettuce, red tango lettuce, red romaine lettuce, red butter lettuce. Ingredients may vary.

Grape Tomatoes: grape tomato

Shredded Cheddar/Jack Cheese (available for some salad versions): cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto [Color]), monterey jack cheese (pasteurized milk, cheese culture, salt, enzymes), potato starch, cornstarch, dextrose, powdered cellulose (prevents caking), calcium sulfate, natamycin (natural mold inhibitor), enzyme



#### WATCH-OUTS:

40 grams of cheese is safe; about 2 slice equivalent. No dressing or bring your own low-FODMAP dressing. Test sensitivity to cheese.



## Low FODMAP Fast Food Choices



### ARTISAN EGG SANDWICH (NO BUN, NO HOLLANDAISE SAUCE)



#### INGREDIENTS:

Applewood Smoked Bacon: pork cured with: water, salt, sugar, sodium phosphates, sodium erythobate, sodium nitrite  
Egg: grade A large eggs, soy lecithin

Asiago Cheese: pasteurized milk, cheese culture, salt, enzymes



#### WATCH-OUTS:

Asiago cheese; small amount not likely to cause problems. Remove all bread. No sauces or condiments. Test sensitivity to

### STEEL CUT OATMEAL



#### INGREDIENTS:

Water, steel cut oats, cane juice, rolled oats, salt, cinnamon. May be processed on equipment that also processes wheat.



#### WATCH-OUTS:

If you add toppings, check ingredients.



## Low FODMAP Fast Food Choices

Wendy's

### HAMBURGER OR CHEESEBURGER (PLAIN, NO BUN)



#### INGREDIENTS:

Hamburger: Beef (hamburger patties are cooked on the same grill as and may come into contact with ingredients that contain milk and soy), salt (salt, calcium silicate, dextrose, potassium iodide)

American Cheese: milk, water, contains 2 percent or less of citric acid, apocarotenal and beta carotene (color), cream, cheese culture, enzymes, salt, sodium citrate, sodium phosphate, sorbic acid (preservative), soy lecithin



#### WATCH-OUTS:

Remove all bread. Order plain. No Sauces or condiments. Test sensitivity to cheese.

### FRENCH FRIES



#### INGREDIENTS:

Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), dextrose, sodium acid pyrophosphate (to maintain natural color). Cooked in vegetable oil (soybean oil, vegetable oil [may contain one or more of the following: canola, corn or cottonseed], hydrogenated soybean oil, dimethylpolysiloxane [anti-foaming agent]). Seasoned with sea salt.



Wendy's

## BROCCOLI CHEESE BAKED POTATO (CAN ALSO CHOOSE PLAIN OR CHEDDAR POTATO)



### INGREDIENTS:

Potato: contains potato

Broccoli: contains broccoli

Cheddar Cheese Sauce: water, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), milk, cream cheese spread (pasteurized milk and cream, cheese culture, salt, carob bean gum), modified cornstarch, nonfat dry milk, soybean oil, palm oil, whey, sodium phosphate, cream, cheese culture, milk fat, sea salt, salt, Parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzyme), butter, sodium alginate, carob bean gum, mono and diglycerides, annatto and apocarotenal (for color), lactic acid, soy lecithin



### WATCH-OUTS:

Test sensitivity to cheese sauce or get without.



## Low FODMAP Fast Food Choices

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Wendy's

### SIDE SALAD (NO DRESSING OR BRING YOUR OWN)



#### INGREDIENTS:

Garden Side Salad Blend: iceberg lettuce, romaine lettuce, spring mix (baby Lettuces [red and green romaine, red and green oak, red and green leaf, lollo rossa, tango], spinach, mizuna arugula, tatsoi, red chard, green chard), grape tomatoes, cucumbers, red peppers



#### WATCH-OUTS:

No dressing or bring your own low-FODMAP dressing.





## CROISSAN' WICH® (NO BUN)- CHOOSE BACON, EGG AND CHEESE OR HAM, EGG AND CHEESE.



### INGREDIENTS:

Egg Patty, Fully Cooked: whole egg, whey, soybean oil, salt, natural and artificial butter flavor, xanthan gum, citric acid, annatto (color)

Thick Sliced Bacon: cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite

Ham: ham cured with: water, dextrose, contains 2% or less of salt, sodium lactate, sodium phosphate, natural smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite, coated with caramel coloring

American cheese (pasteurized process): cultured milk, water, cream, sodium citrate, salt, sorbic acid (preservative), sodium phosphate, artificial color, enzymes, acetic acid, soy lecithin



### WATCH-OUTS:

Smoke flavoring in ham may contain other additives. Test for sensitivity. Remove all bread. No sauces or condiments. Test sensitivity to cheese.



## Low FODMAP Fast Food Choices

Burger King

### HASH BROWNS



#### INGREDIENTS:

Potatoes, canola oil and palm oil, dehydrated potatoes (potatoes, mono and diglycerides, sodium acid pyrophosphate, citric acid), salt, corn flour, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), natural flavoring, disodium dihydrogen pyrophosphate (to promote color retention), dextrose



#### WATCH-OUTS:

Contains wheat and some flavoring. Test for sensitivity.

### QUAKER® OATMEAL MAPLE AND BROWN SUGAR FLAVOR



#### INGREDIENTS:

Whole grain rolled oats, sugar, natural flavor, salt, calcium carbonate, guar gum, oat flour, caramel color, reduced iron, vitamin a palmitate.



Burger King

## WHOPPER® PATTY OR HAMBURGER PATTY WITH OR WITHOUT CHEESE (PLAIN, NO BUN)



### INGREDIENTS:

Whopper Patties and Hamburger Patties:  
100% USDA inspected ground beef (fire-grilled)

American Cheese (pasteurized process):  
cultured milk, water, cream, sodium citrate, salt, sorbic acid (preservative), sodium phosphate, artificial color, enzymes, acetic acid, soy lecithin



### WATCH-OUTS:

Remove all bread. Order plain. No Sauces or condiments. Can add tomato and lettuce.  
Test sensitivity to cheese.

## FRENCH FRIES



### INGREDIENTS:

Potatoes, soybean oil or canola and palm oil, modified potato starch, rice flour, potato dextrin, salt, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dextrose, xanthan gum, sodium acid pyrophosphate added to preserve natural color



## EGG & CHEESE FLATBREAD (NO FLATBREAD)



### INGREDIENTS:

Egg Omelet Patty (regular): whole eggs, egg whites, nonfat dry milk, water. Contains 2% or less of the following: soybean oil, liquid butter alternative (liquid and hydrogenated soybean oil, salt, soy lecithin, natural flavor, tocopherols (vitamin E), corn starch, salt, xanthan gum, citric acid, white pepper, beta-carotene (color).

Egg White Omelet Patty: egg whites, cornstarch. Contains 2% or less of the following: butter-flavored soybean oil (soybean oil, natural flavor), salt, xanthan gum, white pepper



### WATCH-OUTS:

Natural flavor in egg may contain onion/garlic. Remove bread. No sauces or condiments. Can add tomato or lettuce. Test sensitivity to cheese.

## Subway

# **BUILD YOUR OWN SALAD AND AVOID THE BREAD, CHOOSE FROM THESE SELECTIONS (NO DRESSING OR BRING YOUR OWN).**



### **INGREDIENTS:**

Bacon Slices: pork, water, salt, sugar, natural smoke flavor, sodium phosphates, sodium erythorbate, sodium nitrite, smoke.

Carved Turkey: turkey breast, turkey broth, contains 2% or less dextrose, salt, sodium phosphate, browned in vegetable oil (soybean and peanut oil)

Turkey Breast (thin sliced): turkey breast, water, dextrose, salt, carrageenan, sodium phosphate, browned in soybean oil

Tuna: tuna (tuna, water, salt), mayonnaise (soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt, sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor)

American Cheese (processed): milk, water, cream, cheese culture, sodium citrate, salt, sorbic acid (preservative), citric acid, tetrasodium pyrophosphate, soy lecithin, enzymes

Cheddar Cheese: cultured pasteurized milk, salt, enzymes, annatto color

Monterey Cheese Blend (shredded): monterey jack cheese (cultured pasteurized milk, salt, enzymes), cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)

Pamesan Cheese: parmesan cheese (cultured pasteurized part-skim milk, salt,



Subway

# **BUILD YOUR OWN SALAD AND AVOID THE BREAD, CHOOSE FROM THESE SELECTIONS (NO DRESSING OR BRING YOUR OWN). CONTINUED**



### **WATCH-OUTS:**

Bacon or turkey may have some seasoning in the flavor. Test for sensitivity.

Mayonnaise in tuna contains spice, which may contain garlic or onion. Test for sensitivity.

No dressing or bring your own low-FODMAP dressing.

Test sensitivity to cheese.



## Low FODMAP Fast Food Choices

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### PIZZA



#### INGREDIENTS:

Build your own pie using:

Gluten-free crust (Pizza Hut uses Udi's brand- this is safe)

No sauce or plain olive oil

Light cheese (a serving is about ½ cup, may be one to two slices)

Top with sliced tomato, green pepper or other vegetables you can tolerate.



#### WATCH-OUTS:

Gluten-free crusts at other pizza chains contain some high-FODMAP ingredients; check ingredients lists. Test sensitivity to cheese.