

# Live your Inspired Life

Low FODMAP Diet Coaching

## Eating as a Guest

*What shall I cook when I have guests for dinner?*

If the dinner party is at your home, then the sky is almost the limit. Have a look at my cookbook, Low FODMAP menus for Irritable Bowel Syndrome for an appropriate menu. You will impress your guests, and they will never guess that it was a low FODMAP menu.

*What if I am eating at the home of friends?*

If you are eating at a friend's house, hopefully you are able to explain the restrictions to her without her feeling limited or resentful. Do this as soon as you receive the invitation so she has time to prepare her menu accordingly. You can suggest you bring some of the food to make sure you get something you can eat.

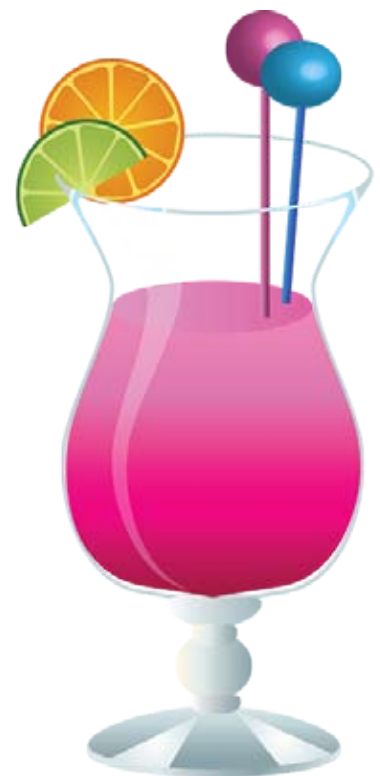


## *What if I am invited to a more formal dinner party – maybe at my boss's home?*

It depends on your relationship with the hostess or host. If you don't know them well, perhaps you could get in touch and mention one restriction rather than go into an extended explanation of what you can and can't eat. The one item you could ask the hostess to avoid in your food is onion. Onion is one of the worst culprits so that would reduce your chances of having issues while still at the party. Unfortunately, there will be occasions when you might have to bite the bullet and eat what is put in front of you if you feel that the offence at your rejection might be greater than your pain. Limit your alcohol to ½ a glass then ask for water.

## *How can I know what to eat at a cocktail party?*

First and foremost, make sure you limit your alcohol. One of the main ingredients of a cocktail party is alcohol and it can be difficult to know how much you are drinking. There is also usually a non-alcoholic punch, but that could have high FODMAP fruit in it and sugar-laden carbonated drinks, so avoid it. Have half a glass of wine or perhaps a nip of gin with lime juice and soda then go onto water to be safe. No one will question what you are drinking because everyone will be too busy talking to notice. A variety of finger food will pass you by. It is quite acceptable to ask for the ingredients of each one and make your choices wisely so you don't have to leave early. As a precaution, eat beforehand to avoid you getting so hungry that you are tempted by the food at hand.



## *What precautions should I take if I am staying overnight at someone else's house?*

As with a dinner party, let the hostess know in advance that you have particular dietary needs and offer to bring suitable food with you to lessen her load. Most people have porridge or some kind of non-wheat based cereal for breakfast, but if you are lactose intolerant, you may need to bring your own long-life lactose-free milk. Also keep an array of non-perishable snacks in your luggage.

## *How do I cope with a sit down fixed menu meal like at a wedding?*

This is one occasion when you can't phone ahead to have specially made food for yourself. Eat a little in advance and hope that some of the food served will be suitable. Vegetables like potatoes and carrots should be fine as is most meat or fish but scrape off any sauce that may have been used. Take some snacks with you just in case the food is elaborate and you can't tell what is in it.

