FODMAP everyday

RESTAURANT CARD

I have fructose malabsorption.

Please ask the kitchen to check my meal for:

- [ ] Honey or honey-based sauces
- [ ] Agave syrup
- [ ] High-fructose corn syrup (HFCS)
- [ ] Apple/pear juice, syrup or concentrate

I have checked the ingredients I need to avoid.

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Please check hidden ingredients

especially in:

Marinades, glazes, dressings, BBQ/sweet sauces,
fruit reductions, desserts and mixed drinks.

Can my dish be made without these ingredients?

Other ingredients I avoid: _____

For dietary fructose intolerance, not hereditary fructose intolerance.