

HOW TO INCLUDE GARLIC & ONION IN A LOW FODMAP DIET

GARLIC AND ONION – WHY DO THEY SO OFTEN CAUSE SYMPTOMS?

Garlic and onion are very popular ingredients in many sauces and savoury dishes and add incredible flavour. They are both so easy to hide in food and are well-known high FODMAP foods that can cause symptoms in those with Irritable Bowel Syndrome (IBS). Garlic and onion are a type of FODMAP called fructans (oligosaccharides) which are often the most common foods that cause symptoms.

HOW CAN GARLIC AND ONION FLAVOURS STILL BE INCLUDED IN THE DIET?

Cobram Estate produces low FODMAP products that support the needs of those with IBS-type symptoms. **Cobram Estate Garlic Infused Extra Virgin Olive Oil**, **Cobram Estate Roasted Onion Infused Extra Virgin Olive Oil** and our newest product **Cobram Estate Garlic & Onion Infused Extra Virgin Olive Oil** are all FODMAP Friendly certified, meaning you can enjoy these flavours, without the symptoms.

Cobram Estate Infusions are available in major supermarkets, selected independent supermarkets & online via our website cobramestate.com.au

*Selected flavours are available in retailers. Please visit our website cobramestate.com.au to purchase the entire range.




FODMAP FRIENDLY CERTIFICATION


'FODMAP Friendly' Certification gives people with IBS and other individuals needing to follow a low FODMAP diet, the ability to easily identify and select suitable foods they can buy and eat with confidence.





Visit the FODMAP Friendly website or download their App to view the database of all FODMAP Friendly certified products.

Join our community and learn more about our product range.

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