

Low FODMAP meals and snacks- UK

Field Doctor

www.fielddoctor.co.uk

Frozen ready meals

Single and double portions

Monash University certified

Fodilicious

www.fodilicious.com

Low fodmap snacks

FODMAP friendly certified

Fodmarket

www.fodmarket.co.uk

Selection of brands

Certified and non certified

Monash University and FODMAP friendly certified

Fody foods

www.fodyfoods.com

Snack bars, sauces and marinades

Monash University certified

Bays kitchen

www.bayskitchen.com

Sauces, stocks and soups

FODMAP friendly certified

Slightly different foods

www.slightlydifferentfoods.com

Cooking sauces, table sauces, relish and pickles

FODMAP friendly certified