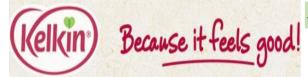
Kelkin Foods Suitable for Low FODMAP Diet April 2015



= Product is FODMAP Free

Portion Recommendation

Date: 11.03.2015

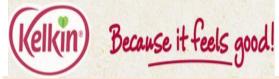
(valid at time of publication)

FODMAP Free

Kelkin Gluten Free		
Kelkin Porridge (Rice and Millet)	V	
Kelkin Cornflakes	V	
Kelkin Organic Buckwheat Flakes	V	
Kelkin Organic Pure Oat Porridge	V	
Kelkin White Bread Sliced	V	
Kelkin Multiseed Sliced Bread	V	
Kelkin Madeira Cake	V	
Kelkin Choc Chip Cookies	V	
Kelkin Fingers	V	Be sensible if you're sensitive t
Kelkin Wafers	V	lactose, limit it to one bar!
Kelkin Spaghetti	V	
Kelkin Penne	V	
Kelkin Lasagne	V	
Kelkin Lemon Cake	V	
Rice and Corn Cakes		
Kelkin Unsalted Thin Slice Rice Cakes (130g)	V	
Kelkin Thin Slice Rice Cake Lightly Salted	V	
Kelkin Unsalted Rice Cakes (200g)	V	
Kelkin Rice Cakes Lightly Sea Salted (130g)	V	
Rice and Corn Cakes		
Kelkin Organic Corn Cakes Lightly Sea Salted	V	
Kelkin Organic Corn Cakes with Rice Syrup	V	
Kelkin Corn Cakes (110g)	V	
Kelkin Multigrain Corn Cakes	V	
Kelkin Organic Oatcakes (250g)	V	
Kelkin Milk Chocolate Caramel RC Thins	V	Be sensible if you're sensitive t
Kelkin Milk Chocolate Covered Rice Cake	V	lactose, limit the amount!
Kelkin Dark Chocolate Covered Rice Cake	V	
Kelkin Dark Chocolate Orange Rice Cakes	V	
Kelkin Dark Chocolate & Mint Rice Cake	V	
Kelkin Mini Milk Chocolate Rice Cakes	V	
Kelkin Twin Pack Chocolate Rice Cakes	V	
Kelkin Chocolate Rice Cake Single (16.7g)	V	
Kelkin Rice Cake Hazelnut & Chocolate	v	Be sensible if you're sensitive t
Kelkin Rice Cake Snack Hazelnut & Chocolate	v	lactose, limit the amount!
Kelkin Yogurt Rice Cakes (100g)	v	
Kelkin Triple Berry Yogurt Rice Cakes (100g)	v	
Kelkin Salt & Vinegar Rice and Corn Cakes	v	
Kelkin Caramel Rice and Corn Cakes	v	

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(valid at time of publication)

	FODMAP Free	Portion Recommendation
Microwave Popcorn		
Kelkin Micro Popcorn	V	
Kelkin Micro Butter Popcorn	V	
Kelkin Micro Popcorn 50% Less Fat Butter	V	
Kelkin Micro Popcorn 50% Less Fat	V	
Kelkin 100 Calorie Snack Pack Popcorn	V	
Microwavable Natural Popcorn (Clip Strip)	V	
Natural Microwavable Popcorn	V	
Microwavable Popcorn Natural (6pack)	v	
Kelkin Popcorn Kernels	v	
Juices		
Kelkin Orange Juice 1Ltr	V	Limit your glass to 100ml
Kelkin Cranberry Juice 1Ltr	V	
Kelkin Organic Carrot Juice	v	
Kids		
Kelkin Kids Raisins	V	Limit to one mini box (14g)
Peanut Butter		
Kelkin Crunchy Peanut Butter	V	
Kelkin Smooth Peanut Butter	V	
Oils/Vinegars		
Kelkin Organic Balsamic Vinegar	V	Limit to one tbsp
Kelkin White Wine Vinegar	V	
Seeds		
Kelkin Sunflower Seeds	V	
Kelkin Sesame Seeds	V	
Kelkin Molasses	V	
Kelkin Lecithin Granules	V	
Kelkin Chia Seeds	V	

Please Note:

This list is valid at time of publication and will remain valid for six months. However, recipes may change so always check the ingredients list and/or contact us on 01 4600 400 or at info@kelkin.ie for an up-to-date list, information on new products or variants of existing products.

Last Updated: 11.03.2015