**Expanding Your Diet When You are Fearful of Foods**

Expanding your diet is important for physical and mental health. However, if you suffer with IBS or food sensitivity this can be a daunting process. Completing this chart can help both you and your dietitian prioritise this process and choose foods which are less scary.

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| **Eating & Well Tolerated** | **Not Eating, May be Tolerated** | **Not Eating, Not Tolerated** | **Not Eating, Don’t LIke** |
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