

Bobo's 'fodmap'-friendly products

What the heck is a FODMAP? Well, FODMAP stands for “fermentable oligo-, di-, mono-saccharides and polyols.” Or, FODMAPS are short-chain carbohydrates that are resistant to digestions. They're hard to digest and can therefore lead to digestive symptoms. Common FODMAPs include Fructose, Lactose, Fructans, Galactans, and Polyols*. Below is a list of Bobo's products that are FODMAP-Friendly!

3 oz Bars & 1.3 oz Bites

- Original
- Coconut
- Chocolate Chip
- Peanut Butter
- Almond Butter
- Maple Pecan
- Coconut Almond Chocolate Chip
- Gingerbread & Pumpkin (Holiday Items)
- Peanut Butter Chocolate Chip

Stuffed bars

- Peanut Butter Stuffed
- Peanut Butter Stuffed with Chocolate Chips
- Coconut Almond Butter Stuffed
- Chocolate Almond Butter Stuffed

Toaster pastries

- Chocolate Almond Butter
- Chocolate Peanut Butter

Nut butter protein bars – None

Our Nut Butter Protein Bars contain honey, which is on the 'no' list.

*from healthline.com