

reintroducing fodmaps

WHY IT'S IMPORTANT TO DO CHALLENGES

- Reintroducing FODMAPs is crucial to understanding your personal triggers and an essential step to establish a healthy diet in the long term.
- Everyone is different and challenges help identify which FODMAPs you are sensitive to and your specific threshold levels.

the process

- Make sure you are symptom free for 3 days before you start a challenge.
- Allow 3 days per challenge food.
- On day 1 eat the specified amount of the food and keep notes of any symptoms for the next 3 days.
- Always use the same food for each of the 3 challenge days.
- If you don't have any symptoms on Day 1, double the challenge dose on Day 2.
- If you don't have symptoms after Day 2, triple the challenge portion from Day 1 on Day 3.
- If you do not have any symptoms after Day 3, Wait for 3 days without symptoms before starting the next challenge.
- If you get symptoms after a challenge avoid that FODMAP completely until you have completed all the challenges. Then re-challenge in with a smaller dose.

3 days symptom free



3 days symptom free	
∨	
day 1 - Eat Challenge Food + 1	
∨	No Symptoms
day 2 - Eat Challenge Food + 2	
∨	No Symptoms
day 3 - Eat Challenge Food + 3	
∨	No Symptoms
day 7 - start new challenge	

if you have symptoms



Stop the challenge	Note dose amount
Wait 3 days symptom free for next challenge	

Other tips to help you

- Start on a Friday
- Avoid eating out on challenge days.
- Keep the intake of other foods in your diet constant (e.g. caffeine and alcohol).
- Symptoms may be caused by cumulative levels of FODMAPs so avoid eating large portions of other high FODMAP foods you tolerate on challenge days.

your challenge diary

day	quantity	symptoms
Fructose: ½ mango or 1 tsp of honey		
day 1		
day 2		
day 3		
Polyols - Sorbitol: 1/4 avocado		
day 1		
day 2		
day 3		
Polyols - Mannitol: 2 Tbsps cauliflower, 1 stick of celery, 3 Tbsp sweet potato		
day 1		
day 2		
day 3		
Wheat Fructans: 1 slices wholemeal bread or 1 Weetabix or 5 Tbsp cooked pasta		
day 1		
day 2		
day 3		
Onion Fructans: 1 Tbsp cooked onion or 1 leek		
day 1		
day 2		
day 3		
Garlic Fructans: 1/4 clove of raw or cooked garlic		
day 1		
day 2		
day 3		
Galacto-oligosaccharides: 2 Tbsp beans or pulses OR 10 pistachios or cashews		
day 1		
day 2		
day 3		
Lactose: 125ml milk or 125g natural yoghurt		
day 1		
day 2		
day 3		

fodmap specific foods

fructans

Cereals	Wheat, barley, amaranth
Fruit & Vegetables	Grapefruit, pomegranate, beetroot, brussels sprouts, chicory, garlic, artichoke, leek, onion, leek, svoy cabbage, spring onion (white) etc
Miscellaneous	Dandelion tea, FOS, Inulin, Oligofructose

polyols

Sorbitol	Avocado, blackberry, coconut, litchi
Mannitol	Cauliflower, celery, sweet potato

galacto-oligosaccharides

Beans, Pulses	Baked beans, black eyed peas, broad beans, butter beans, chickpeas, kidney beans, lentils, peas, soya beans, split peas
Nuts	Cashews, pistachios

lactose

Milk	Cow, goat, sheep
Yoghurt	Natural (check for other FODMAP ingredients)
Ice cream	(Check for other FODMAP ingredients)
Cheese	Cottage cheese, ricotta, quark, low fat soft cheese

fructose

Fruit & Vegetables	Fruit in large portion size and fruit juice, fig, mango, sugar snaps etc
Other	Honey, agave nectar