

## Re-introduction of FODMAP's after exclusion

You have been following a diet low in FODMAPs and hopefully your symptoms are improved. It is important to reintroduce high FODMAP foods back to your diet. This guide will help you to identify which FODMAP's do (and importantly which don't!) contribute to your symptoms, and also your tolerance level of these so you can control your symptoms moving forward on a more varied, healthy diet. The tolerance level to individual FODMAPs is different for everybody.

### Tips

To ensure FODMAP challenges give clear results:

- Keep to a low FODMAP diet and wait until you have minimal symptoms for at least 3 days **before** you challenge with a new food.
- Avoid eating out during the 3 challenge days as it is more difficult to be sure your diet is low in other FODMAPs.
- Keep other possible symptom triggers (such as caffeine or alcohol) to a minimum
- Use the same food for each of the 3 challenge days

### **If you get symptoms after a food challenge:**

- Avoid the food for now, but challenge it again with a smaller amount at a later date.

### **If you do NOT get symptoms after a food challenge:**

- Assume that FODMAP is well tolerated and you should be able to include other foods within the same FODMAP group (in the case of polyols, fructose, lactose or galactans).
- The way the gut copes with **fructans** varies from one food to another, so introduce foods that contain fructans one at a time.
- Only introduce this food /group back to your diet once you have completed all your challenges.

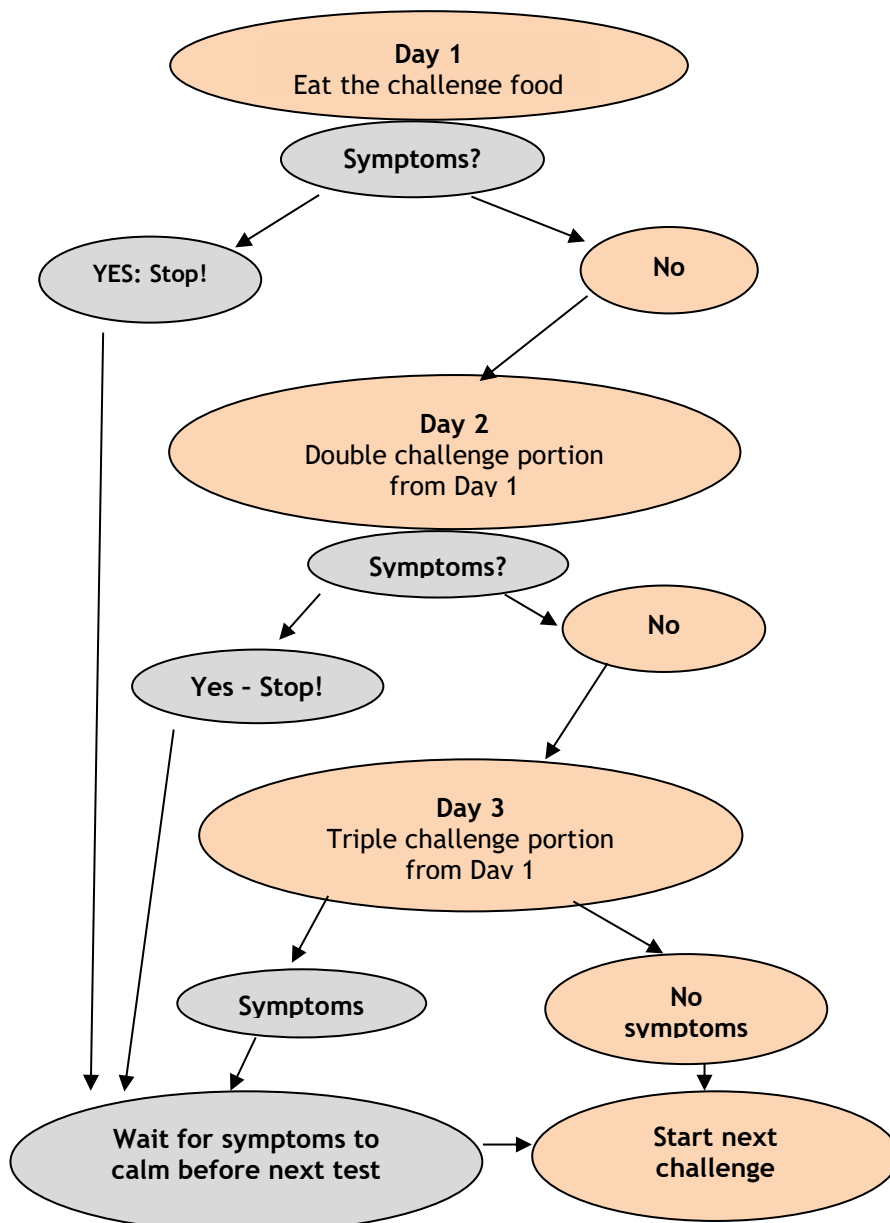
## How to Challenge

Choose the FODMAP group you would like to test, and try the portion size of your chosen food recommended in the details below.

If you do not have symptoms in 24 hours after eating the challenge food, **DOUBLE** the portion size of the same food the following day. If you do have symptoms *you are not willing to tolerate*, then stop there and consider re-testing at another time.

If you do not have symptoms in 24 hours after eating the double portion of the challenge food, **TRIPLE** the portion size of the same food the following day. If you do have symptoms you are not willing to tolerate, then stop there, but this shows you can tolerate small amounts of the FODMAP group of foods.

If you do not have symptoms in 24 hours after eating the triple portion of the challenge food, we can safely assume you do not react to this group of FODMAP foods, and you can apply the results of this test to the other foods containing the same type of FODMAP (except for the FRUCTAN group which need to be tested separately) If you do have symptoms you are not willing to tolerate, then this tells you that you can manage a moderate portion of this group of FODMAP foods, but not an unlimited amount.



## The Challenges

### Fructans

People experience different symptoms for various fructan sources so a challenge is recommended for each one. **If you wish to challenge other high fructan fruit or vegetables, use a 40g portion on day 1, 80g on day 2 and 120g on day 3.**

#### Wheat – on day 1 use:

- 1 slice of bread or 5 tablespoons cooked pasta
- 1 Weetabix (test this separately as Weetabix is high in bran fibre)

Day	Quantity	Symptoms
1		
2		
3		

#### Onion: on day 1 use:

- 1 tablespoon of cooked onion in a low FODMAP meal or salad

Day	Quantity	Symptoms
1		
2		
3		

#### Garlic: on day 1 use

- ¼ clove of raw or cooked garlic in a low FODMAP meal.

Day	Quantity	Symptoms
1		
2		
3		

#### Galacto-oligosaccharides (GOS)

- Use 2 tablespoons of beans or pulses (e.g. chickpeas, butter beans, lentils, kidney beans)

Day	Quantity	Symptoms
1		
2		
3		

**Fructose On day 1:**

- Use 1/4 mango or
- 1 teaspoon of honey

Day	Quantity	Symptoms
1		
2		
3		

**Lactose: On day 1:**

- Use 125ml semi-skimmed milk or
- 125g natural yogurt

Day	Quantity	Symptoms
1		
2		
3		

**Polyols:**

There are two different polyols found in fresh foods: sorbitol and mannitol. These must be challenged separately so you can assess your tolerance to both.

**Sorbitol: On day 1:**

- Use 3 tablespoons sweetcorn or
- ¼ avocado

Day	Quantity	Symptoms
1		
2		
3		

**Mannitol: On day 1**

- Use 2 tablespoons cauliflower or 1/4 stick of celery or 3 tablespoons of sweet potato

Day	Quantity	Symptoms
1		
2		
3		

**FODMAP Sources in other foods.**

This is not a comprehensive list, but may help! For more foods refer to the Monash University App.

Food	Fructose	Polyols		Fructans	GOS	Lactose
		Sorbitol	Mannitol			
Honey /agave	✓					
Mango	✓					
Sugar snap peas	✓					
Fig (fresh)	✓					
Apple	✓	✓				
Pear	✓	✓				
Watermelon	✓		✓	✓		
Peach	✓	✓				
Coconut		✓				
Nectarine		✓		✓		
Plum / Prune		✓		✓		
Cherry		✓				
Avocado	✓	✓				
Blackberry		✓				
Grapefruit				✓		
Lychee		✓				
Fennel bulb			✓	✓		
Cauliflower			✓			
Butternut squash			✓		✓	
Mushroom	✓		✓			
Sweet potato			✓			
Sweetcorn		✓			✓	
Sugar free mints/ gum		✓				
Wheat				✓	✓	
Rye	✓			✓		
Barley / Amaranth				✓		
Onion				✓		
Garlic				✓		
Leek				✓		
Artichoke (globe)				✓		
Artichoke (Jerusalem)	✓			✓		
Artichoke Hearts	✓					
Okra				✓		
Celery			✓			
Broccoli		✓				
Savoy Cabbage				✓		
Sprouts				✓		
Asparagus	✓			✓		
Mange tout				✓		
Beetroot			✓	✓	✓	
Chicory root				✓		
Dandelion tea				✓		
Oligofructose/inulin/ FOS				✓		
Peas, beans and pulses					✓	
Pistachio Cashew nuts	✓				✓	

## **What about the long term?**

Whether you get symptoms or not during the challenge process, everybody has a tolerance (or threshold) level to FODMAPs. If you eat too many high FODMAP foods over a short period of time or within the same meal or day you may get symptoms again.

Sometimes including a problem food as part of a meal rather than on its own, or having it less frequently (e.g once or twice a week) causes less symptoms.

**Remember**, even if you do experience symptoms this will not cause any damage to your gut.