



## Low FODMAP Diet: Step 2

Your dietitian recommended you cut out foods containing “FODMAPs” from your diet for up to six weeks. Now it is time to help you find out which FODMAP groups you are sensitive to. It is important to keep a record of your symptoms when you are following the FODMAP diet.

### What the diet involves

- Step 1:** Cutting out foods that are high in FODMAPs for up to six weeks to see if your symptoms are caused by this group of foods
- Step 2:** **Bringing back some of the high FODMAP foods (through food challenges) to see which FODMAP groups you are reacting to**
- Step 3:** Gradually bringing back “safe” foods and re-challenging every six months.

### How to challenge

- You can do the challenges in any order; however you must only do **one** challenge at a time.
- Have a two day break in-between challenges. During this break you should eat a low-FODMAP diet.
- If you have a reaction at any point to a challenge, **stop the challenge immediately**. Wait until you are symptom-free for three days in a row before moving on to the next challenge, or retry the original challenge with half the amount of the test food.

**If you have a repeat of your symptoms after two challenges (of the same food), you can then say this is a trigger food.**

### Keep a record of your symptoms

Think about which foods affect your symptoms. Try to be quite specific about what symptoms you are looking at. For example, “pain/ bloating/ diarrhoea/ constipation/ urgency” are more accurate than “felt unwell”.

At the end of the day, give your symptoms a score:

- Score your symptoms on a 0-3 scale: 0 = no symptoms, 1 = mild/slight symptoms, 2 = noticeable symptoms and 3 = severe symptoms.
- Also remember to consider non-dietary causes of your symptoms e.g. stress, eating on the move more than usual, illness, tiredness. Write this down too.

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### Challenge Foods

Your dietitian will help you choose what foods to challenge from the lists below. You can choose one or more foods from each FODMAP group. It is important to try and choose foods that you would normally eat.

Mannitol	Starting dose
Cauliflower	¼ cup
Celery	½ stalk
Kumara	¾ cup
Mushrooms (Portobello)	½ a mushroom
Mushrooms (Shiitake)	2 mushrooms

Sorbitol	Starting dose
Avocado	¼ avocado
Sugar-free chewing gum	2 pieces
Lychee	5 lychees
Peach, yellow	½ peach
Three berry jam	2 teaspoons

Fructans	Starting dose
Garlic	¼ clove
Leek (white part)	½ leek
Onion	¼ onion
Spring onion (white part)	¼ onion
Wheat bread	1 ½ slices

Galacto-oligosaccharides	Starting dose
Borlotti beans	¼ cup
Butter beans	3 tablespoons
Cassava	¾ cup
Chickpeas	½ cup
Green peas	¼ cup
Lentils, red (not tinned)	½ cup

Fructose	Starting dose
Asparagus	1 spear
Blueberry jam	2 teaspoons
Broad beans	¼ cup
Broccoli stalks	1 cup
Broccoli heads	1 cup
Honey	2 teaspoons
Mango	¼ mango
Sugar snap peas	¼ cup
Tamarillo	1 tamarillo

Lactose	Starting dose
Buttermilk	½ cup
Cow's milk	¼ cup
Goat's milk	½ cup
Cream cheese	2 tablespoons
Halloumi cheese	4 slices
Ricotta cheese	4 tablespoons
Yoghurt	½ pottle

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### FODMAP Challenges

- Write your starting dose in Day 1. Then increase your dose day by day. When increasing the dosages, think about how much of the challenge food you would normally eat.
- Aim to work up to eating that amount by Day 3 of your challenge.
- You can take longer than three days to do a challenge; anything up to seven days is okay. Think carefully about what is best for you.

### Mannitol

Challenge Day	Challenge Food	Amount	Symptoms
Day 1			
Day 2			
Day 3			
Comments			

### Sorbitol

Challenge Day	Challenge Food	Amount	Symptoms
Day 1			
Day 2			
Day 3			
Comments			

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### Fructose

Challenge Day	Challenge Food	Amount	Symptoms
Day 1			
Day 2			
Day 3			
Comments			

### Fructans - Wheat

Challenge Day	Challenge Food	Amount	Symptoms
Day 1			
Day 2			
Day 3			
Comments			

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### Fructans - Garlic

Challenge Day	Challenge Food	Amount	Symptoms
Day 1			
Day 2			
Day 3			
Comments			

### Fructans - Onion

Challenge Day	Challenge Food	Amount	Symptoms
Day 1			
Day 2			
Day 3			
Comments			

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### Galacto-oligosaccharides

Challenge Day	Challenge Food	Amount	Symptoms
Day 1			
Day 2			
Day 3			
Comments			

### Lactose

Challenge Day	Challenge Food	Amount	Symptoms
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Comments			

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