



# **low FODMAP diet.**

**for Irritable Bowel Syndrome**

**Reintroduction & Personalisation**

# reintroduction phase of the low FODMAP diet.

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If your symptoms have improved on a low FODMAP diet it is important to start to reintroduce some high-FODMAP foods to increase variety in your diet and ensure you are consuming enough essential nutrients.

### CHALLENGING FOODS

Tolerance levels for the various FODMAPs will vary from person to person. If you experience symptoms after a food challenge then avoid that food completely. It is possible to rechallenge with that food again, in a smaller amount, at a later time.

If you do not get symptoms after a food challenge, you can assume that the FODMAP is well tolerated and include it as part of your diet following the reintroduction phase.

It is useful to keep a record of your food challenges and any symptoms experienced. It is recommended that the same food is used for each day of the challenge.



# food challenges in the reintroduction phase.

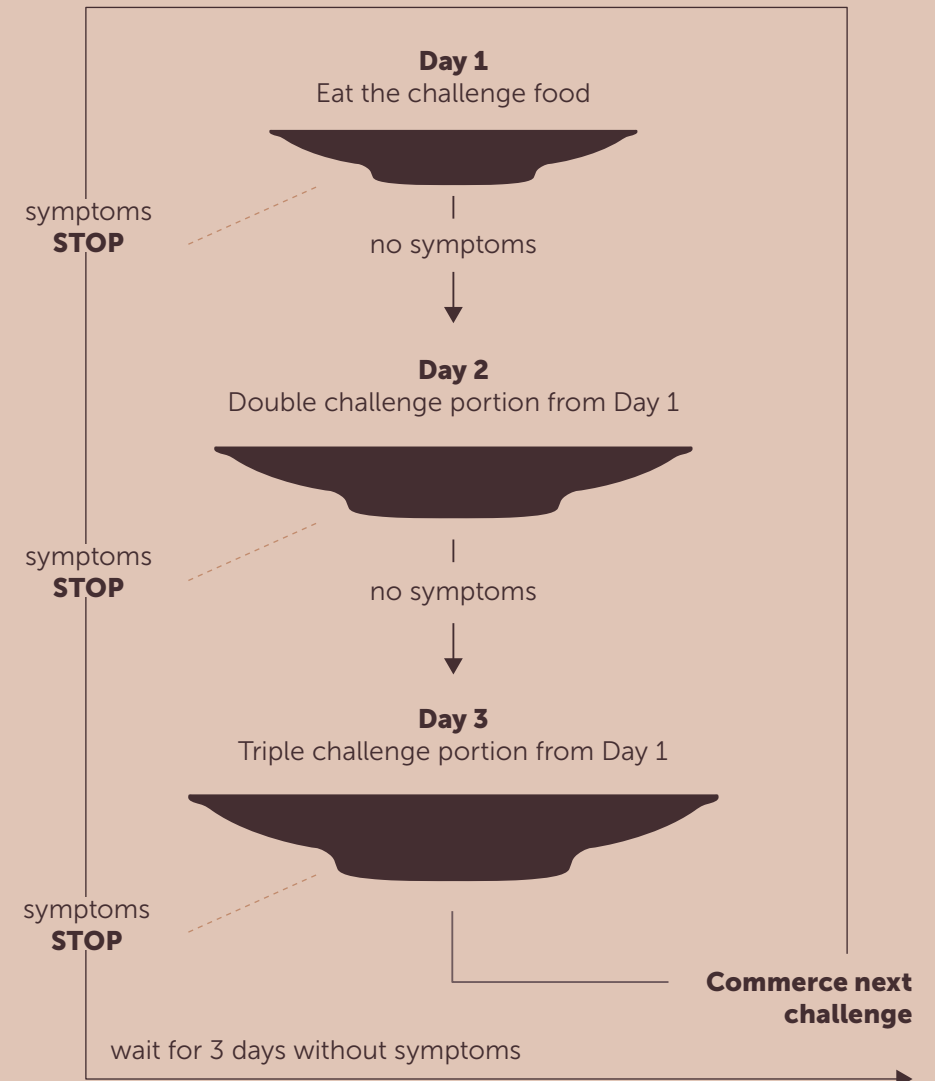
The following tips will help make sure your challenge results are clear.

## Challenge Tips

- Keep to a strict low FODMAP diet until you have finished all of the challenges
- Remove the food you have challenged with before starting the next one, even if it has not caused symptoms
- Wait until you are symptom free for at least 3 days before you challenge with a new food
- Challenge with the same food each day
- Eat the recommended quantity of the test food
- Avoid eating out during the 3 challenge days as it is more difficult to make sure your diet is low in other FODMAPs
- Keep your daily caffeine and alcohol intake as similar as possible
- Keep a food and symptom diary

# how to do a FODMAP challenge.

Ensure you are symptom free for at least three days before starting a challenge



# portion guide for challenges.

The portion sizes provided are only a guide. If the portion sizes are too big or too small compared to your normal portion, you can adjust to suit your needs. You can personalise it according to what you eat as follows:

**Day 1** 1/3 usual portion

**Day 2** 2/3 normal portion

**Day 3** normal portion

## fructan challenges.

Fructans are actually a family of molecules that can vary in size and structure. Foods high in fructans therefore need to be challenged individually to test the level of tolerance. Only one food needs to be chosen from each group. If you don't get symptoms after challenging one food in the subgroup, then you are likely to tolerate all the foods in that subgroup.

### FRUCTAN – GRAIN FOODS

Challenge with one food from the table below:

	Day 1	Day 2	Day 3
Wheat Pasta	2/3 cup (99g)	1 cup (148g)	1 1/2 cup (222g)
Cous cous, wheat	1/4 cup (39g)	1/2 cup (77g)	1 cup (154g)
Bread, wheat, white	1 slice (26g)	1 1/2 slices (39g)	2 slices (52g)

### FRUCTAN – FRUIT AND VEGETABLES

Challenge with one food from the table below:

	Day 1	Day 2	Day 3
Beetroot, fresh	3 slices (31g)	4 slices (41g)	6 slices (61g)
Brussel sprouts	3 sprouts (57g)	4 sprouts (76g)	5 sprouts (95g)
Cabbage, savoy	3/4 cup (52g)	1 cup (70g)	1 1/2 cup (105g)
Grapefruit	1/2 medium (104g)	1 medium (207g)	1 large (280g)
Raisins	1 1/2 tbsp (19g)	2 tbsp (26g)	3 tbsp (39g)

### FRUCTAN – GARLIC

	Day 1	Day 2	Day 3
Garlic	1/4 clove (1g)	1/2 clove (2g)	1 clove (4g)

### FRUCTAN – ONION

	Day 1	Day 2	Day 3
Onion, any	1/8 onion (11g)	1/4 onion (22g)	1/2 onion (44g)

### FRUCTAN + GOS

Challenge with one food from the table below:

	Day 1	Day 2	Day 3
Bread, wheat, wholegrain	1 1/2 slices (36g)	2 slices (48g)	3 slices (72g)
Barley, pearl	1/4 cup (56g)	1/2 cup (112g)	1 cup (224g)
Cashew nuts	10 nuts (15g)	20 nuts (30g)	30 nuts (45g)
Pistachio nuts	15 nuts (11g)	30 nuts (23g)	40 nuts (30g)
Red kidney beans, boiled	1/8 cup (24g)	1/4 cup (48g)	1/2 cup (96g)

# FODMAP subgroups.

Choose the FODMAP subgroup you would like to reintroduce (e.g., lactose). Choose the food source of that FODMAP and the quantity from the table (e.g., cow's milk to test for lactose). Only one food needs to be chosen from each group. If you don't get symptoms after challenging one food in the subgroup, then you are likely to tolerate all the foods in that subgroup.

## LACTOSE

	Day 1	Day 2	Day 3
Cow's milk	¼ cup (62ml)	½ cup (125ml)	1 cup (250ml)
Custard	¼ cup (62ml)	½ cup (125ml)	1 cup (167ml)
Yoghurt, plain	½ tub (85g)	1 tub (170g)	1 cup (200g)
Ricotta cheese	2 ½ tbsp (50g)	⅓ cup (80g)	½ cup (120g)

## SORBITOL

	Day 1	Day 2	Day 3
Apricot	½ small (28g)	1 small (56g)	2 small (112g)
Avocado	¼ small (40g)	½ small (80g)	¾ medium (120g)
Blackberries	2-3 berries (13g)	5 berries (25g)	10 berries (50g)
Peach	¼ medium (37g)	½ medium (73g)	1 medium (146g)

## MANNITOL

	Day 1	Day 2	Day 3
Button mushroom	½ small (10g)	2 small (40g)	4 small (80g)
Cauliflower	2 small florets (17g)	4 small florets (33g)	8 small florets (66g)
Celery	½ medium stalk (19g)	1 medium stalk (38g)	1 large stalk (60g)
Sweet potato	¾ cup (105g)	1 cup (140g)	1 ½ cup (210g)
White cabbage, Sauerkraut	½ cup (65g)	¾ cup (98g)	1 cup (130g)

## FRUCTOSE

	Day 1	Day 2	Day 3
Asparagus	1 spear (15g)	2 spears (30g)	5 spears (75g)
Honey	1 ½ tsp (10g)	2 tsp (14g)	1 tbsp (28g)
Mango	¼ mango (52g)	½ mango (104g)	1 mango (208g)
Sugar snap peas	3-5 pods (15g)	6-8 pods (30g)	10 pods (50g)
Orange juice	⅔ cup (140g)	¾ cup (157g)	1 cup (210g)



## GOS

	Day 1	Day 2	Day 3
Almonds	15 nuts (18g)	20 nuts (24g)	30 nuts (36g)
Canned, chickpeas, rinsed	½ cup (84g)	⅔ cup (112g)	1 cup (168g)
Green peas	⅛ cup (18g)	¼ cup (36g)	½ cup (72g)
Silken tofu	¼ cup (45g)	½ cup (90g)	1 cup (180g)
Soy bean milk	¼ cup (62ml)	½ cup (125ml)	1 cup (250ml)

## multiple FODMAPs.

It is recommended that challenges for foods containing multiple FODMAPs are left until the last, because it is important that you understand your tolerance to individual FODMAPs first. If you have tested the individual FODMAPs already, you don't need to necessarily test for foods containing multiple FODMAPs..

### FRUCTOSE + SORBITOL

Challenge with one food from the table below:

	Day 1	Day 2	Day 3
Apple	¼ medium (42g)	½ medium (83g)	1 medium (166g)
Cherries	4 cherries (28g)	8 cherries (56g)	10 cherries (70g)
Pear	¼ medium (47g)	½ medium (93g)	1 medium (186g)

## other possible multiple FODMAP to test.

**Fructan + Mannitol** – Mangetout, fennel bulb

**Fructan + Sorbitol** – Nectarine, plum, prune

**Fructan + Fructose** – Sultanas, asparagus, Jerusalem artichoke



# how did you tolerate the FODMAP challenge?



## personalisation phase.

Once you have completed the reintroduction phase of the diet, it is important to follow as normal a diet as possible whilst avoiding foods that trigger your symptoms (which you have identified during the reintroduction phase). Try to have as varied a diet as possible including a variety of fruit and vegetables.

If symptoms return, it may be due to an accumulation of different FODMAPs. It is also important to remember that sensitivity to FODMAPs may change over time and therefore it is worth trying to reintroduce any 'failed' FODMAPs at a later date.

Whilst excluding dietary triggers will help you to self-manage your symptoms, it should be noted that diet is not the only cause of symptoms. Other factors such as a busy lifestyle, stress and anxiety can often affect your gut which can make you more sensitive to the food you eat.

If you are concerned about the number of foods that you have or haven't been able to reintroduce to your diet without symptoms reappearing, contact your dietitian for further advice. A dietitian will be able to provide you with specific advice and suggestions on how to make sure a restricted diet is well-balanced and healthy.

### OTHER DIETARY TREATMENTS FOR IBS

It is important to give yourself time to adjust to any dietary changes you make. If your symptoms continue to persist or worsen despite these changes, seek advice from a dietitian with expertise in the dietary management of IBS.

If you think specific foods such as wheat or dairy-containing foods trigger your symptoms, your dietitian can support you in identifying and removing possible 'trigger' foods. It is important to receive expert advice before removing whole food groups from your diet, this will ensure you are still getting all the right nutrients needed for good health. Keeping a food and symptom diary may help you to identify links between what you are eating and your symptoms. A dietitian might use this to help them provide appropriate dietary advice.





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