

LOW-FODMAP RECHALLENGE GUIDELINES



The goal of the FODMAP reintroduction phase is to find out which FODMAPs trigger your gut symptom and find your tolerance level for these foods through a series of food challenges. This will help you support your gut health, make socialising easier and keep your diet nutritionally adequate

This challenge will help you to learn how to manage your own health and discover which FODMAP groups you can eat freely, which ones you might need to enjoy in small serves, and which FODMAPs you need to limit most of the time to keep your gut settled. This is important as restricting FODMAPs long term may have a negative impact on your digestive and overall health as many FODMAPs are prebiotic having a positive effect on gut health and support beneficial bacteria and your microbiome balance.

* Reacting to a FODMAP challenge can be a good thing as it confirms a FODMAP trigger. Remember symptoms will pass after a few days as the high FODMAP food moves through your system

** Do not consume foods that are known allergens i.e. gluten if you are diagnosed coeliac

TIPS FOR SUCCESS:

To successfully complete your FODMAP challenge, it's important to only use a recommended challenge food that normally contains only one FODMAP sugar. For example, cow's milk has lactose, and mango has excess fructose. Using a food with only one FODMAP group will give you clearer results.

Be mindful about your symptoms, it's normal to experience a mild gut fluctuation, such as bloating or gas, during the challenge. Don't be discouraged as this doesn't mean you've failed the challenge. Wait until any symptoms have settled and then have a three-day rest period (washout period) between each challenge. This will ensure your gut is stable and you're feeling well before moving on to the next challenge.

If you experience moderate to severe symptoms after eating a challenge food, stop the challenge. These symptoms can be painful and affect your quality of life, and indicate that you have a low threshold for that FODMAP group. You may still be able to tolerate that FODMAP group in smaller amounts.

Make sure to note down your symptoms, what challenge food you ate, and when they happened. This information can help you track your progress and make more informed decisions about your diet.

FODMAP RECHALLENGE PLAN

Increase the amount of the high FODMAP challenge food over a 3 day period, and then have a 3 day rest before moving on to the next food from the list. Continue low-FODMAP diet until all foods have been trialled.

Challenge 1: Excess Fructose	<p>Choose 1 food:</p> <ul style="list-style-type: none">● 1 teaspoon of honey increasing to 1 tablespoon of honey● 1/4 a medium sized mango increasing to 1 medium sized mango
Challenge 2: Sorbitol	<p>Choose 1 food:</p> <ul style="list-style-type: none">● 3 blackberries increasing to 12 blackberries● 1/4 of an avocado increasing to a 3/4 of an avocado● 3/4 of a fresh apricot to 2 small apricots.
Challenge 3: Mannitol	<p>Choose 1 food:</p> <ul style="list-style-type: none">● 1/4 portobello mushroom increasing to 1 portobello mushroom● 100g of sweet potato increasing to 200g serve● 20g cauliflower increasing to 70g serve
Challenge 4: Lactose	<ul style="list-style-type: none">● 60ml cow's milk increasing to 250ml of cow's milk
Challenge 5: Fructan Containing Grain	<p>Choose 1 food:</p> <ul style="list-style-type: none">● 1 slice of white wheat bread increasing to 2 slices of wheat bread. If you would normally eat 4 slices of bread in a sitting then add an additional challenge day and test that amount.● 50g wheat pasta increasing to 200g (use the cooked weight of the pasta)
Challenge 6: Garlic Challenge (fructan challenge)	<ul style="list-style-type: none">● 1/4 of a clove of garlic increasing to 1 clove of garlic
Challenge 7: Onion Challenge (fructan challenge)	<p>Choose 1 food:</p> <ul style="list-style-type: none">● 1/4 of a medium leek increasing to 1/2 whole leek (white and green sections)● 1 tablespoon onion increasing to 1/2 onion
Challenge 8: Galactans/GOS (oligosaccharide challenge)	<p>Choose 1 food:</p> <ul style="list-style-type: none">● 1/4 cup canned chickpeas (rinsed) increasing to 1 cup.

- 15 almonds increasing to 25 almonds
- 60ml soy milk made from whole or hulled soy beans increasing to 250ml

Challenge 9: Fructose + Sorbitol

This is a combined FODMAP challenge. Only complete if you pass both the excess fructose and sorbitol challenge.

Choose 1 food:

- 1/4 apple increasing to one whole apple
- 1/4 pear increasing to one whole pear