



# Low FODMAP Diet

## GENERAL GUIDELINES

Last updated 2017

### Background:

- FODMAP: Foods high in Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols can cause digestive distress
- A diet low in FODMAP foods may help improve symptoms for people with irritable bowel syndrome (IBS)
- Common symptoms of IBS include abdominal distension and pain, bloating, gas, altered bowel habits (constipation or diarrhea), fullness or nausea

### Diet Principles:

- Elimination Phase: (refer to pages 2-7)
  - Keep a symptom diary for 1 week before and after starting the diet
  - Eliminate all FODMAP foods for 4 weeks to help improve symptoms
  - A telephone appointment will be scheduled after 2 weeks to check in
  - A second appointment will be scheduled at 4 weeks to assess resolution of symptoms and reintroduce foods
- Challenge Phase: (refer to pages 8-9)
  - Reintroduce some FODMAP foods. You may choose one test food and add another after 4 days. If you react to a food, do not test another food for 2 weeks.
  - These are the test foods for each category:
    - Lactose: ½ cup-1 cup regular milk or 1 cup regular whole milk yogurt
    - Fructose: 1 ripe banana or 1-2 tablespoons honey
    - Fructans: 1-2 slices of wheat bread or toast or 1 cup wheat based pasta
    - Galactans: ½ cup of lentils or ½ cup of pinto beans or 1/3 cup of cashews
    - Polyols: Sorbitol – 1 apple or ½ cup applesauce. Wait 2 weeks before you try Mannitol – ½ cup mushrooms or 1 cup watermelon or 1 cup sweet potato

## PRE Diet Symptom Tracker

Rate each symptom on a scale of 0 to 10 where 0 is none at all and 10 is really awful.



|   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| Gas/Wind  |       |       |       |       |       |       |       |
| Pain/cramps<br>(belly ache)   |       |       |       |       |       |       |       |
| Diarrhea (mushy or<br>watery sounds)  |       |       |       |       |       |       |       |
| Constipation<br>(difficulty pooping)  |       |       |       |       |       |       |       |
| Bloating (parents<br>may need to<br>observe)  |       |       |       |       |       |       |       |
| Feeling like you<br>need to move your<br>bowels after you just<br>had a bowel<br>movement |       |       |       |       |       |       |       |
| Nausea  |       |       |       |       |       |       |       |
| Notes:  |       |       |       |       |       |       |       |

# Low FODMAD Diet - Elimination Phase

For the next 4 weeks, eat only the foods listed on this handout; you will learn more if you stick as closely to this diet as possible. Portion sizes for items in bold face are critical; other portion sizes are just suggestions. Choose only one bold face item per meal or snack, if possible. If you have other medical conditions or take medications, please work with your dietitian to modify this diet.

## Allowed Grains and Starches\*

Amaranth, cooked, ½ C.  
Breakfast cereals made of  
oats, rice, corn,  
buckwheat, quinoa,  
amaranth or millet, ½ C.  
Buckwheat cereal, ckd, ½ C.  
Buckwheat flour, ¼ C.  
Soba noodles (100%  
buckwheat), cooked, ½ C.  
**Oatmeal/porridge, ckd, ½ C.**  
**Oat bran, dry, 1 Tb.**  
**Oat flour, 1/4 C.**  
Gluten-free pretzels, 1 oz  
Gluten-free bread, 1 oz slice  
Grits, cooked, ½ C.  
Corn, rice or quinoa pasta,  
cooked, ½ C.  
Corn tortillas, 6 inch  
Corn or tortilla chips, 1 oz.  
Crackers, rice or corn, 10  
Cornmeal/polenta, dry, ¼ C.  
Millet, cooked, ½ C.  
Popcorn, popped, 2 C.  
Potato, cooked, ½ C. or 1  
small  
Potato chips, 1 oz.  
Quinoa, cooked, ½ C.  
Rice or popcorn cakes,  
unflavored, 2 large  
Rice, brown or white, plain,  
cooked, ½ C. (no mixes or  
packets)  
Rice bran, uncooked, 2 T.  
Sourdough spelt bread, 1 oz.  
slice  
Wild rice, plain, cooked, ½ C.

\* Gluten-free grains are not necessary except for those w/ celiac disease or non-celiac gluten sensitivity.

## Allowed Fruits

Banana, ½  
Blueberries, ½ C.  
Blueberry juice, ½ C.  
Cantaloupe, ½ C.  
Clementine, 1 medium  
Cranberries, raw, ½ C.  
Dragon fruit, ½ C.  
Durian, ½ C.  
Grapes, all kinds, ½ C.  
Honeydew, ½ C.  
Kiwi, 1 medium  
Lemon juice, ½ C.  
Lime juice, ½ C.  
Orange juice, ½ C.  
Orange, 1 small  
Papaya/paw paw, ½ C.  
Pineapple, ½ C.  
Prickly pear fruit, 1  
Raspberries, ½ C.  
Rhubarb, ½ C.  
Strawberries, ½ C.  
Tangelo, 1 medium

## Allowed Vegetables

Alfalfa sprouts, ½ C.  
Arugula/rocket, ½ C.  
Bamboo shoots, ½ C.  
Bean sprouts, ½ C.  
Bok choy, ½ C.  
Butternut squash, ½ C  
Carrots, 1 medium or ½ C.

**Celery, 1 medium stalk**  
Cherry tomatoes, 8 or 1 C.  
Chicory leaves, ½ C.  
Chili pepper, red, 1 small  
Chives, green part only, ½ C.  
Cucumber, ½ C.  
Eggplant, ½ C.  
Endive, ½ C.  
**Fennel bulb, ½ C.**  
**Green bell pepper, ½ C.**  
**Green beans, ½ C.**  
**Green peas, ½ C.**  
Kabocha squash, ½ C.  
**Kale, cooked, ½ C.**  
Leek, leaves only, ½ C.  
Leaf lettuce, 2 C. shredded  
**Okra, ½ C.**  
Parsnip, 1 medium or ½ C.  
Pattypan squash, ½ C.  
Pickle, dill or sour, 1 large  
Radishes, 10 small  
Red bell pepper, ½ C.  
Scallions/green onions, green  
part only, ½ C.  
Seaweed/nori, ½ C.  
Spinach, cooked, ½ C.  
Spinach, raw, 2 C.  
Summer squash/yellow  
crookneck, ½ C.  
**Sweet potato, ½ C**  
Tomato, canned, no tomato  
paste/concentrate, ½ C.  
Tomato, fresh, 1 medium or  
½ C.  
**Turnip/rutabaga, ½ C.**  
Water chestnuts, ½ C  
Zucchini, ½ C



### Allowed Fats

Nuts, any kind, ½ oz. or 2 T.  
(not cashews or pistachios)  
Peanut /almond butter, 2 T.  
Seeds, sesame, pine nuts, chia, sunflower or pumpkin/pepitas, 2 T.  
Seeds, chia, 1 ½ T.  
Tahini, 2 T.  
Coconut meat or flour, 2T.  
Oil, any type, including soybean, coconut and garlic-infused, 1 t.  
Margarine, 1 t.  
Mayonnaise, regular, 1 T.  
Tartar sauce, 1 T.  
Olives, 9 large  
Coconut cream, 2 T.  
Coconut milk, ¼ C.  
Butter, 1 t.  
Cream cheese, 2 T.  
Half-and-half, 2 T.  
Heavy cream, whipped, ¼ C.  
Sour cream, 2 T.  
Sour cream, low-fat, 2 T.

### Allowed Meat/Milk

Beef, 3 oz.  
Buffalo, 3 oz.  
Chicken, 3 oz.  
Duck, 3 oz.  
Fish, any kind, 3 oz.  
Goat, 3 oz.  
Lamb, 3 oz.  
Pork, 3 oz.  
Turkey, 3 oz.  
Seafood, any kind, 3 oz.  
Egg substitute, ½ C.  
Egg whites, 4 large  
Egg, whole, 2 large  
Dry curd cottage cheese, ¼ C.  
Cheese, hard, regular or reduced-fat including cheddar, Swiss, parmesan, brie, mozzarella, feta, 1 oz.  
Cottage cheese, lactose-free, ½ C.  
Goat cheese/chevre, 1 oz.  
Ricotta cheese, regular, ⅓ C.  
Kefir, lactose-free, 8 fl. oz.  
Kefir, regular, 4 fl. oz.  
Milk, lactose-free, skim or low-fat, 8 fl. oz.  
Yogurt, lactose-free, 1 C.  
Quorn (Grounds/Mince only), 3 oz.  
Tempeh, 3 oz.  
Tofu, firm, 3 oz.

### Allowed Extras

Beer, 12 fl. oz.  
Coconut water, 8 fl. oz.  
Coffee, black, filtered, 8 fl. oz.  
Espresso, black, 1.74 fl. oz. (50 ml) shot  
Spirits, 1 ½ oz. (not rum)  
Tea: black, green, white, ginger, peppermint, brewed, 8 fl. oz.  
Rice milk, 8 fl. oz.  
Wine, red or white, 4 fl. oz. (not sherry or port)  
Brown rice syrup, 1 ½ T.  
Candy/chocolate made with allowed ingredients, 1 oz.  
Corn syrup (not high-fructose), 1 ½ T.  
Evap. cane juice, 1 ½ T.  
Ice cream, lactose-free, ½ C.  
Jam or jelly, 1 ½ T.  
Maple syrup, 100% pure (not “pancake” syrup), 1 ½ T.  
Sorbet with allowed ingredients, ½ C.  
Sugar: brown, cane, palm, confectioner’s, granulated, 1 ½ T.  
Syrup: cane, sugar, golden, 1 ½ T.  
Vinegar, balsamic, 2 Tb  
Vinegar, other, 2 Tb

#### Sources:

1. The Monash University Low FODMAP diet. Edition 3, 2012.
2. IBS - Free at Last. Change your Carbs, Change your life with FODMAP Elimination Diet. Patsy Catsos, Second Edition, 2012.

## Summary of Label Reading Tips for FODMAP Elimination Diet

These ingredients are allowed on the Elimination Phase of the IBSFree diet. Please note that this list is meant to help with some difficult product ingredients. The preceding pages list the grains, starches, fruits, vegetables, fats, meats, milk products and other extras that are allowed.

Aspartame  
Baker's yeast  
Baking powder  
Baking soda/sodium bicarbonate  
Bar sugar  
Beet sugar  
Berry sugar  
Black pepper  
Brown sugar  
Brown rice syrup  
Cane juice crystals  
Cane sugar  
Cane syrup  
Carageenan\*  
Castor sugar  
Cocoa butter  
Confectioner's sugar  
Corn starch  
Corn syrup (not high-fructose)  
Corn syrup solids  
Cultured corn syrup  
Dehydrated sugar cane juice  
Demerara sugar  
Dextrose  
Glucose  
Granulated sugar  
Guar gum\*  
Gum Acacia\*

Gum Arabic\*  
High-maltose corn syrup  
Icing sugar  
Invert sugar  
Malt extract  
Maltodextrin  
Maltose  
Modified food starch  
Organic sugar  
Palm sugar  
Pectin  
Raw sugar  
Refined sugar  
Resistant starch  
Saccharine  
Salt  
Soy lecithin  
Soybean oil  
Spelt flour  
Stevia  
Sucrose  
Sugar syrup  
Superfine sugar  
Sucralose  
Tapioca  
Tara gum\*  
Vinegar  
Vital wheat gluten  
Wheat starch  
Wheat-free soy sauce  
Whey protein isolate  
Xanthan gum\*  
\*Gums do not meet the definition of FODMAPs so they are allowed; however, monitor individual tolerance, especially gluten-free baked goods, which contain large amounts.

**These ingredients are NOT suitable.** Please note that this list is meant to help with label reading and is not an exhaustive list of items that are "not allowed." As a rule, any food not specifically named on the "allowed" lists should not be eaten during the Elimination Phase of the diet.

Agave syrup  
All-purpose flour  
Bulgur wheat  
Carob powder  
Chicory root extract or fiber  
Cocoa powder  
Coffee, instant/freeze dried  
Crystalline fructose  
Dry milk solids  
Erythritol  
Enriched flour  
Fructo-oligosaccharides/FOS  
Fructose  
Fructose solids  
Fruit juice concentrates (any type)  
Glycerine  
Goat's milk (unless lactose-free)  
High-fructose corn syrup (HFCS)  
Honey  
Hydrogenated starch hydrolysates  
Inulin  
Isomalt  
Kamut  
Lactitol  
Lactulose  
Maltitol  
Mannitol  
Miso  
Molasses  
Polydextrose  
Sorbitol  
Sprouted wheat  
Sugar cane fiber  
Tea, chamomile, fennel, oolong  
Texturized vegetable protein  
Tomato paste  
Wheat berries  
Whey protein concentrate (unless lactose-free)  
White flour  
Whole wheat flour  
Xylitol



## **Breakfast Ideas**

Increase portions according to your appetite and calorie needs, except for portions of the foods in **boldface**, which contain small amounts of FODMAPs. Read labels on processed foods to make certain the brand you choose does not contain FODMAP ingredients.

1 cup corn flakes  
1 cup lactose-free milk  
**½ ripe banana**

1 egg, scrambled with lactose-free milk  
½ cup grits  
1 teaspoon butter  
**1 clementine**

1 egg omelet w/ ½ cup spinach and 1 oz. cheddar cheese  
½ cup home fries or 1 slice sourdough spelt toast  
**½ cup orange juice**

**½ cup cooked oatmeal**  
½ cup lactose-free milk  
½ grilled tomato

## **Lunch and Dinner Ideas:**

Increase portions according to your appetite and calorie needs, except for portions of the foods in **boldface**, which contain small amounts of FODMAPs. Read labels on processed foods to make certain the brand you choose does not contain FODMAP ingredients.

3 ounces canned tuna  
2 cups red leaf lettuce  
2 cups spinach  
**2 tablespoons chopped almonds**  
2 tablespoons scallions, green part only  
1 tablespoon olive oil  
1 tablespoon rice vinegar

2 cups homemade chicken/rice soup, including ½ cup allowed vegetables  
4 rice crackers  
**4 large strawberries**

2 cups homemade veg/beef soup, including ½ cup allowed vegetables  
3 rice cakes  
**½ cup blueberries**

2 cups homemade fish chowder, including 1 cup lactose-free milk, ½ cup potatoes and ½ cup allowed vegetables

Quesadilla, including 1 corn tortilla with 2 ounces low-fat cheddar cheese  
½ cup carrots sticks  
1 cup lactose-free milk

Baked cod with olive oil and herbs  
½ cup polenta  
½ cup steamed spinach with butter

3 ounces grilled tofu or tempeh  
½ cup each grilled cherry tomatoes and zucchini  
1 cup brown or white rice

3 ounces lean beef steak or hamburger  
½ cup homemade mashed potatoes with butter and lactose-free milk  
½ cup red bell pepper sautéed in olive oil

3 ounces baked or grilled chicken  
1 medium baked potato  
½ cup baby spinach sautéed in olive oil

3 ounces lobster w/ butter  
1 cup corn pasta salad, including 2 tsp. olive oil and ½ cup allowed vegetables

1-½ cups macaroni and cheese, made with corn/quinoa pasta, lactose-free milk and cheddar cheese  
½ cup roasted carrots

3 ounce baked pork chop, breaded with corn flake crumbs  
½ baked potato w/1-½ **tablespoons sour cream**  
½ cup oven-roasted tomatoes

3 ounces turkey  
½ cup homemade mashed potatoes with butter and lactose-free milk  
**½ cup sweet potato**  
¼ cup cranberry relish or sauce

3 ounces grilled steak  
2 corn tortillas  
½ cup sautéed red pepper strips  
½ cup chopped fresh tomato  
**1 ½ tablespoon sour cream**

3 ounces peeled shrimp  
½ cup lactose-free cottage cheese  
1 cup homemade vegetable soup, including ½ cup allowed vegetables  
10 rice crackers

# POST Diet Symptom Tracker

Rate each symptom on a scale of 0 to 10 where 0 is none at all and 10 is really awful.



|   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| Gas/Wind  |       |       |       |       |       |       |       |
| Pain/cramps<br>(belly ache)   |       |       |       |       |       |       |       |
| Diarrhea (mushy or<br>watery sounds)  |       |       |       |       |       |       |       |
| Constipation<br>(difficulty pooping)  |       |       |       |       |       |       |       |
| Bloating (parents<br>may need to<br>observe)  |       |       |       |       |       |       |       |
| Feeling like you<br>need to move your<br>bowels after you just<br>had a bowel<br>movement |       |       |       |       |       |       |       |
| Nausea  |       |       |       |       |       |       |       |
| Notes:  |       |       |       |       |       |       |       |



# Low FODMAD Diet – Challenge Phase

## Challenge Phase Food Lists

### Lactose Challenge

Evaporated milk  
Yogurt with added whey, whey concentrate, or nonfat-dry milk, plain or sugar-sweetened  
Fluid milk, whole/low or non-fat  
Buttermilk  
Eggnog  
Goat's milk  
Milkshake  
Frozen yogurt, ice milk, gelato or soft-serve ice cream  
Regular yogurt, plain or sweetened with sugar only  
Greek yogurt, plain or sweetened with sugar only  
Premium, full-fat ice cream, sweetened with sugar only  
Cottage cheese, whole, low-fat or non-fat  
Kefir, plain or sweetened with sugar only

### Fructose Part A Challenge

Beverages with crystalline fructose, such as Glaceau Vitamin Water, Emergen-C Fizzy Drink Mix  
Agave syrup or nectar  
Beverages with HFCS\*, such as carbonated sodas, bottled ice tea, fruit punch, "juice drinks"  
Barbecue sauce with HFCS  
Pancake syrup with HFCS  
Ketchup with HFCS  
Jam or jelly with HFCS  
Honey  
Tomato products, concentrate or paste  
Fruits and juices, allowed, larger servings  
Dried fruit made from allowed fruits, such as raisins and dried cranberries  
Fruit juice concentrate or fruit leathers made from allowed fruits  
Mango, fresh or dried  
Asparagus  
Molasses  
\*HFCS=high-fructose corn syrup

### Fructose Part B Challenge

Fruit juice concentrate (pear, apple)  
Fruit leathers (pear, peach, apple)  
Pears and pear juice  
Peaches  
Watermelon\*  
Apples and apple juice  
Apple cider  
Apple sauce  
\*also contains fructans

### Fructans Challenge

Fiber, protein, or snack bars with chicory root extract or inulin  
High-fiber breakfast cereals with chicory root, inulin, wheat bran, rye, or barley  
Carob powder  
Wheat berries or bulgur wheat  
Barley  
Couscous  
Gnocchi  
Cocoa powder  
Onions, onion powder  
Garlic, garlic powder  
Globe artichokes, artichoke hearts  
Radicchio  
Beets/beetroot  
Shallots  
Scallions (white part)  
Broccoli\*  
Brussels sprouts\*  
Cabbage\*  
Coffee, instant/freeze dried  
Fennel tea  
Chamomile tea  
Oolong tea  
Pasta, white or whole wheat  
Yeast breads or baked goods made with white, whole wheat, rye, or multigrain flour  
Sourdough white or wheat bread (no added yeast)  
Nuts, pecans or walnuts, bigger/more servings+  
Seeds, sesame or pine nuts, bigger/more servings  
Larger portions of allowed, boldface vegetables  
Coffee or espresso, bigger/more servings

\* Also contains polyols  
+ Also contains galactans

### Polyols Challenge

Candy or cough drops, "sugar-free" with maltitol, sorbitol, isomalt, lactitol, mannitol, xylitol, polydextrose, or hydrogenated starch hydrolysates. (Use caution, as some are very high in polyols)  
Low-carb bars  
Prunes/prune juice  
Figs, dried  
Blackberries  
Mushrooms, all kinds  
Cauliflower  
Dates  
Sweet cherries  
Pumpkin (U.S.)  
Gum, "sugar-free" with maltitol, sorbitol, isomalt, lactitol, mannitol, xylitol,  
Snow peas, sugar snap peas\*  
Peaches  
Nectarines  
Apricots  
Avocado  
Plums  
Fennel leaves  
Sweet corn, fresh, frozen, canned  
Figs, fresh  
\*Also contains fructans

### Galactans Challenge

Dried/split peas\*  
Dried/canned beans\*  
Butter/lima beans  
Pistachios\*  
Veggie-burgers, soy  
Soy milk made from whole soybeans  
Chickpeas or hummus  
Lentils  
Sunflower seeds, bigger/more servings  
Almonds, bigger/more servings  
\* Also contain fructans



## Challenge Phase Worksheet

Refer to your handout entitled **Instructions for Challenge Phase** for foods included in each challenge category. You can continue to eat all the foods normally allowed on the basic elimination diet in addition to the “challenge” foods.

### Lactose Challenge

Day 1: Cautious Challenge. I ate/drank:

Day 2: Full Challenge. I ate/drank:

My results:

### Fructans Challenge

Day 1: Cautious Challenge. I ate:

Day 2: Full Challenge. I ate:

My results:

### Fructose Challenge

Day 1: Cautious Fructose Part A Challenge. I ate/drank:

Day 2: Full Fructose Part A Challenge. I ate/drank:

Day 3: Add Fructose Part B Challenge foods. I ate/drank:

My results:

### Polyols Challenge

Day 1 Cautious Challenge: I ate/drank:

Day 2: Full Challenge. I ate/drank:

My results:

### Galactans/GOS Challenge

Day 1 Cautious Challenge: I ate/drank:

Day 2: Full Challenge. I ate/drank:

My results:



## FAQ

# The Fodmap Diet for Irritable Bowel Syndrome

### What is FODMAPS?

**FODMAP** is an acronym for short chain carbohydrates found in certain foods we eat. **FODMAP** carbohydrates are found in milk, fruit, vegetables, honey, high fructose corn syrup, wheat, onions, garlic and beans. The acronym stands for: **Fermentable –Oligosaccharides** (fructans, galactans)-**Disaccharides** (lactose)-**Monosaccharides** (fructose)-**Polyols** (sugar alcohols).

### Why are foods containing FODMAPS “trouble foods” for people with IBS?

FODMAP's contain short chain carbohydrates that are poorly absorbed in the small intestine. As these carbohydrates move into the large intestine, they feed on bacteria that often causes gas, bloating and pain.

### What are FODMAPs ?

**LACTOSE:** (Milk sugar). Lactose is found in many dairy products. Yogurt and kefir have less lactose, but still need to be avoided. Hard cheeses have very little or no lactose and are allowed. Lactose-free milk and milk products are allowed. Be aware that many prescription drugs contain lactose. Label reading is very important.

**FRUCTOSE:** Foods that contain fructose are honey, agave and HIGH FRUCTOSE CORN SYRUP. Fruits that contain high levels of fructose include apples, pears, mangoes, sweet cherries, watermelon and papaya. All sources of fructose need to be avoided.

**FRUCTANS:** Wheat and wheat products, rye, onions and garlic contain fructans. All wheat products such as pizza, flour tortillas, and baked goods such as crackers, bagels, breads and desserts must be avoided. Avoid Inulin or chicory root a fiber source added to many foods.

**GALACTANS:** Legumes, pulses, which include baked beans, kidney beans, pinto beans, chickpeas, soy beans and lentils, need to be avoided.

**POLYOLS:** Sugar alcohols including sorbitol, xylitol, mannitol, isomalt, and glycerol need to be avoided. Some vegetables also contain polyols naturally and will need to be avoided. These include mushrooms, cauliflower, sweet corn and snow peas. Table sugar, Stevia, and Aspartame are allowed.

### How to start?

A strict elimination diet should be followed for 6-8 weeks. You may eat only foods listed on the “ALLOWED” lists. Follow serving size suggested. After reviewing the allowed foods, if you find this diet to be difficult to manage, trial on a less restrictive FODMAP diet is suggested. See “Low FODMAP” restriction list. If symptoms continue on the partial restriction (low FODMAP), a full restriction is recommended. Avoid adding a new vitamin or mineral supplement or probiotics during this phase whichever diet plan you choose to follow.

## What if symptoms have improved but still continue after following 6-8 weeks on the strict diet?

Look back and check that you did not eat any of the foods or ingredients listed to avoid. Did you follow suggested serving size? If you feel you followed the diet correctly avoid these foods as well: caffeine (soda's and chocolate), alcohol, and fried and high fat foods. Alert your dietitian/MD.

## Should I keep a food or symptom record?

This is very important! Use the seven day symptom worksheet included with this handout.

## How do I start the challenge phase of the diet?

After you have followed the diet for 6-8 weeks and you have assessed the effectiveness of the diet you may begin to reintroduce foods high in FODMAP's. Do this very slowly!

You may choose one test food below and after four days add another. If you react to a food, do not test another food for two weeks.

These are the test foods for each category:

Lactose: ½ cup-1 cup regular milk or 1 cup regular whole milk yogurt.

Fructose: 1 ripe banana or 1-2 tablespoons honey

Fructans: 1-2 slices of wheat bread or toast or 1 cup wheat based pasta

Galactans: ½ cup of lentils or ½ cup of pinto beans or 1/3 cup of cashews

Polyols: Sorbitol – 1 apple or ½ cup applesauce. Wait two weeks before you try Mannitol – ½ cup mushrooms or 1 cup watermelon or 1 cup sweet potato.

It is best to work with a dietitian during this phase.

### Sources:

1. The Monash University Low FODMAP diet. Edition 3, 2012.
2. IBS - Free at Last. Change your Carbs, Change your life with FODMAP Elimination Diet. Patsy Catsos, Second Edition, 2012.