

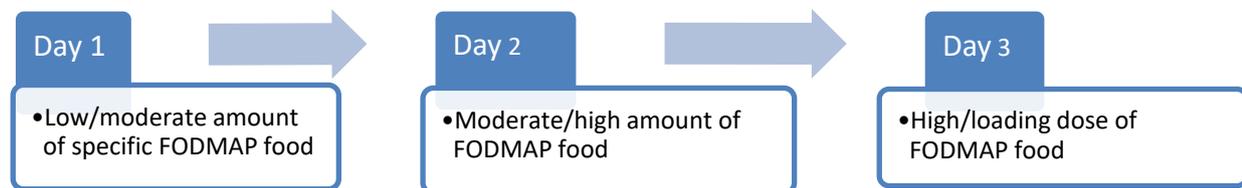
Low FODMAP Diet – Phase 2

Your dietitian recommended you cut out foods containing “FODMAPs” from your diet for up to four weeks. If your symptoms improved (even by just 50%), it is now time to help you find out which FODMAP groups you are sensitive to. By working through the tables below you will find out what your key trigger group(s) is, as well as your own personal threshold for tolerance.

Remember - FODMAP is an intolerance, not an allergy – most people are able to bring some level of FODMAP groups back into their eating. It is important to do this to help you have more options to eat to provide food nutrition and joy in eating.

What phase 2 involves

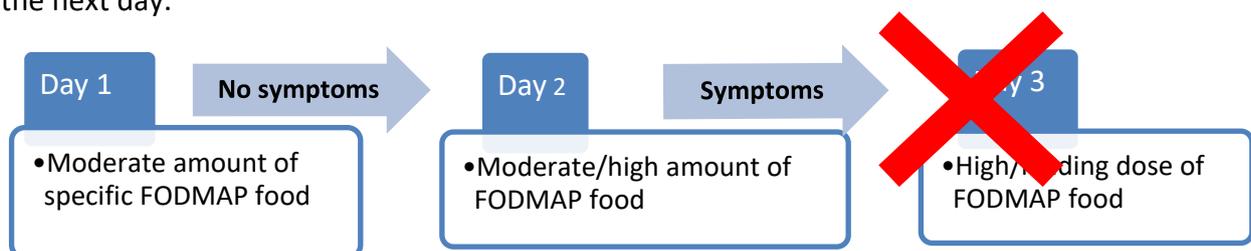
Phase 2: FODMAP re-introduction: Choose a specific food from each FODMAP food from each group one at a time to see if this group is causing your symptoms.



How to reintroduce

- Look at the tables on the next page. These show specific foods from each FODMAP group that contain one type of FODMAP only.
- Choose one of the foods to eat over the three days, (and cross out the other options).
- Start with the Day one amount, and increase this as per the tables.

If you notice an increase in symptoms after your reintroduction food, you do not have to continue to the next day.



If you are not sure, or there may be other reasons for symptoms (e.g. stress or you ate out), keep going to the next day's amount. Your goal is to be sure that it is the type of FODMAP causing your symptoms.

Here is an example of what you will be completing

Excess Fructose

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Mango	9g (2tsp)	
	Asparagus	57g (4 spears)	
	Orange juice (freshly squeezed)	100mls (1/2 c)	
Day 2	Mango	30g (2 Tb)	<i>Slight cramps – not sure Usual bowel movement x1</i>
	Asparagus	85g (5 spears)	
	Orange juice	150mls (2/3 c)	
Day 3	Mango	140g (½ med)	<i>Definite increase in cramps Bowel movement x 3</i>
	Asparagus	100g (6 spears)	
	Orange juice	200mls (3/4 c)	
Comments OK with moderate amounts, won't have large amounts – set Monash App filter to orange 			

(See page 7 for information about the Monash Low FODMAP App)

Make notes about your symptoms (if any) on the tables on the following pages

- 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”.
- If you do not get symptoms at all, have a 2 day break before starting the next reintroduction.
- If you do get symptoms, wait 2-3 days before starting the next reintroduction (the 2-3 days gives your gut some time to settle back to your ‘new’ baseline).
- During these breaks you should eat a low-FODMAP diet.

The rest of your food intake should remain low FODMAP until all FODMAP reintroductions are completed.

You can do the reintroductions in any order; but only do one type of FODMAP group at a time.

Mannitol

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Mushroom (Portobello)	14g (1/3 med)	
	Celery (stalk)	75g (2 med)	
	Sauerkraut, white cabbage	35g (1/4 c)	
Day 2	Mushroom	75g (2 med)	
	Celery	95g (2 ½ med)	
	Sauerkraut, white cabbage	75g (1/2 c)	
Day 3	Mushroom (Portobello)	112g (3 med)	
	Celery	112g (3 med)	
	Sauerkraut, white cabbage	100g (3/4 c)	
Comments			

Sorbitol

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Apricot, fresh	70g (2 medium)	
	Cherries, fresh	28g (4 medium)	
	Cherries, frozen	13g (2 medium)	
	Eclipse™ breath mints	4	
Day 2	Apricot, fresh	102g (3 medium)	
	Cherries, fresh	35g (5 medium)	
	Cherries, frozen	16g (2 ½ medium)	
	Eclipse™ breath mints	6	
Day 3	Apricot, fresh	125g (3 ½ medium)	
	Cherries, fresh	42g (6 medium)	
	Cherries, frozen	19g (3 medium)	
	Eclipse™ breath mints	8	
Comments			

This nutrition information has been developed for use by Te Whatu Ora Health New Zealand – Waitematā Dietitians. It may be used by other healthcare professionals if appropriate training has been given.

Excess Fructose

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Mango	9g (2tsp)	
	Asparagus	57g (4 spears)	
	Orange juice (freshly squeezed)	100mls (1/2 c)	
Day 2	Mango	20g (1.5 Tb)	
	Asparagus	85g (6 spears)	
	Orange juice	150mls (2/3 c)	
Day 3	Mango	30g (2Tb)	
	Asparagus	100g (7 spears)	
	Orange juice	200mls (3/4 c)	
Comments			

Lactose

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Cow's milk	50mls (2g lactose)	
	Ice Cream	50g (2g lactose)	
	Yoghurt	50g (0.2g lactose)	
Day 2	Cow's milk	100mls (4g lactose)	
	Ice Cream	100g (4g lactose)	
	Yoghurt	100g (0.4g lactose)	
Day 3	Cow's milk	150mls (6g lactose)	
	Ice Cream	150g (6g lactose)	
	Yoghurt	150g (0.6g lactose)	
Comments			
<i>Only use yoghurt as a challenge food if you know you are lactose intolerant and want to be able to include some yoghurt in your diet. Different brands of yoghurt can have a wide variation of lactose.</i>			

Fructans

Fructans are the only group we 'split' and have several different food reintroductions.

- Continue to complete the reintroductions one at a time, and leave the standard 2-3 days in between.

Fructan- Garlic

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Garlic	1g (1/3 clove)	
Day 2	Garlic	2g (1/2 clove)	
Day 3	Garlic	3g (1 clove)	
Comments <ol style="list-style-type: none"> 1. Cook separately and add to your portion of meal, to ensure you are getting the full reintroduction dose. 2. If you are already aware garlic can cause you symptoms, consider starting at a very small amount to find your own personal threshold level. 			

Fructan- Onion

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Onion –brown	13g (1Tb)	
Day 2	Onion –brown	17g (1 ½ Tb)	
Day 3	Onion –brown	22g (2Tb)	
Comments <ol style="list-style-type: none"> 1. Cook separately and add to your portion of meal, to ensure you are getting the full reintroduction dose. 			

Fructan- Grains

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Pasta, wheat - cooked	80g (1/2c)	
	Couscous - cooked	75g (1/2c)	
Day 2	Pasta, wheat	100g (2/3 c)	
	Couscous	100g (2/3 c)	
Day 3	Pasta, wheat	155g (1c)	
	Couscous	157g (1c)	
Comments <p>If you feel fine after day 2 and 3 of this reintroduction, when you move to phase 3 (eating your tolerated FODMAP groups), you can also include regular wheat bread at 2-3 slices/day.</p>			

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Fructan- Fruit / Vegetables

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Leek (white only)	15g (2Tb)	
	Tomato, cherry/ common	60g (1/2 large / ~7 cherry)	
Day 2	Leek	30g (1/3c)	
	Tomato	90g (3/4 large / ~9 cherry)	
Day 3	Leek	45g (1/2c)	
	Tomato	120g (1 large/ 12 cherry)	
Comments <i>Canned tomatoes contain fructose, so fresh common tomatoes need to be used for this option.</i>			

GOS / Galacto-oligosaccharides

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Tofu (silken)	45g (1/4 c)	
	Adzuki beans	50g (4 Tb)	
	Pinto beans (both beans need to be canned, drained)	65g (4 Tb)	
Day 2	Tofu (silken)	90g (1/2 c)	
	Adzuki beans	65g (5Tb)	
	Pinto beans	80g (5 Tb)	
Day 3	Tofu (silken)	180g (1c)	
	Adzuki beans	80g (6Tb)	
	Pinto beans	100g (6 Tb)	
Comments			

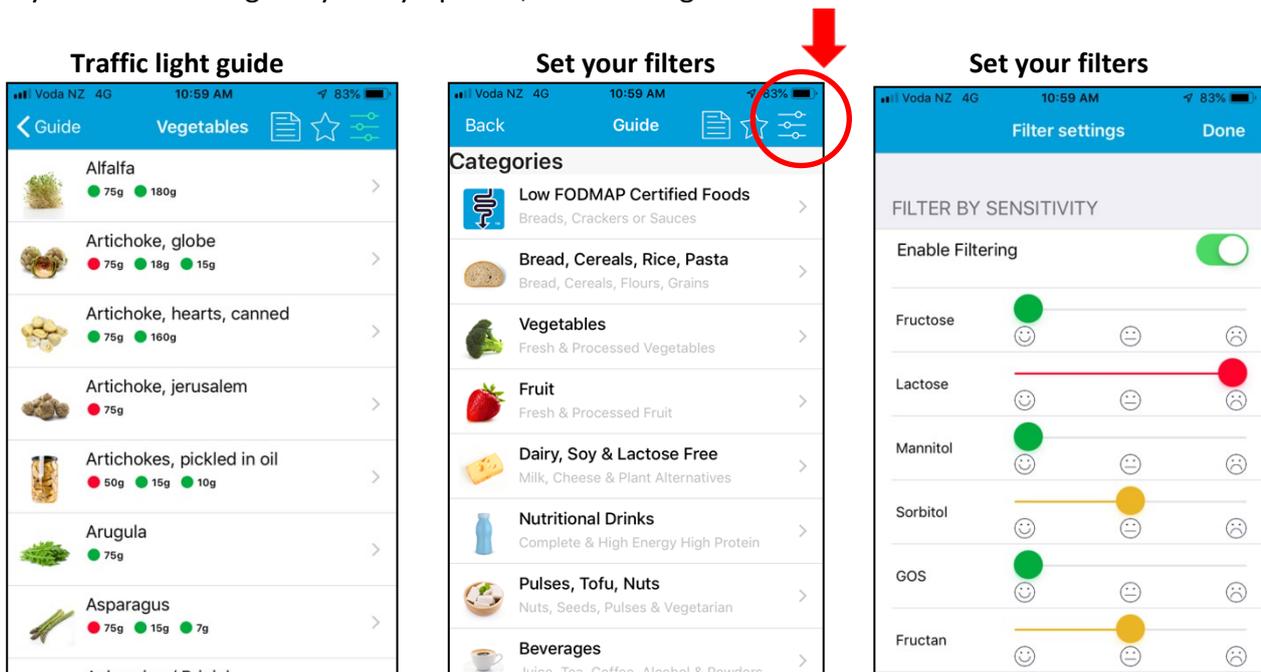
You are doing a great job of figuring things out.

Go over your results. Now is the time to download the Monash University Low FODMAP App (if you haven't already). This App has up-to-date lists of foods, tested by Monash University. You can set filters within the App to show just the FODMAP groups you have now discovered are your key triggers.

If you had symptoms after day 1, set your filter to red.

If you had symptoms after day 2 or 3, set your filter to orange

If you had no change to your symptoms, leave it on green.



Next steps

Now you know your top trigger group (s) you can gradually bring back in the high FODMAP groups/foods you didn't react to.

Re-introduce your top trigger groups every six months to see if you are able to tolerate them

See our FODMAP Phase 3 information sheet for extra advice and making sure you have a healthy baseline food intake.

Additional reintroductions

This section can be an addition after reintroducing the individual groups. If you see a food below that you have been happily eating – then keep on going - and assume you can tolerate BOTH groups that the food contains.

Fructose + Sorbitol

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Apple, red	31g (1/8 med)	
	Pear, green skin- ripe	5g (2tsp)	
	Nectarine, fresh	114g (3/4 med)	
Day 2	Apple, red	100g (1/2 med)	
	Pear, green skin- ripe	10g (1Tb)	
	Nectarine, fresh	150g (1 med)	
Day 3	Apple, red	200g (1 med)	
	Pear, green skin- ripe	15g (1 ½ Tb)	
	Nectarine, fresh	190g (1 ¼ med)	
Comments			

Fructan + GOS

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Chickpeas (canned, rinsed)	84g (6Tb)	
	Cashew	3 nuts	
	Green peas	60g (5Tb)	
Day 2	Chickpeas	96g (1/2 c)	
	Cashew	5 nuts	
	Green peas	75g (1/2c)	
Day 3	Chickpeas	110g (2/3 c)	
	Cashew	7 nuts	
	Green peas	100g (2/3c)	
Comments			