

Live your Inspired Life

Low FODMAP Diet Coaching

Reintroduction Plan



How does this work?

After your symptoms have disappeared, while staying on the elimination diet with only low FODMAP foods, you reintroduce one FODMAP subgroup at a time to find whether you can in fact tolerate it or at what level you can eat it.

How long do I stay on that challenge?

Reintroduce only one food a week. If you eat it and there are no symptoms, try it again to be sure.

What do I do if the challenge food causes symptoms?

You try it again at half the amount and see if symptoms still occur. If they do, then that is a food you should avoid. Next try another food in the same group and repeat the process. If you don't have symptoms at that level, then take note of that amount and move onto another food in the same group.

What do I do if I don't have symptoms?

Test another FODMAP within that group for a week. It is possible that group will not be a problem or it could be that you are fine with some foods but not others within the group. Once you are sure that group is fine or not tolerated, then move onto the next group and repeat the process.

Is there an order for reintroducing the groups?

It is recommended that you start with 2 apricots from the Polyol group, then move onto 250ml or less of milk or 200gms of yoghurt for testing lactose. Next, try 1 tsp honey or ½ mango for the fructose test followed by 2 slices wheat bread or 1 cup wheat pasta for testing fructans and finally ½ cup of lentils, chickpeas, kidney or baked beans for the galacto-oligosaccharides test.



If I did have symptoms, when can I start the next challenge?

You must wait until your symptoms have completely disappeared again.

Can I eat out during this food challenge phase?

It is still preferable that you eat only foods that you are 100% sure of, or the food challenge will have to be re-started once symptoms abate.

