

FODMAP challenge protocol

Follow the 4-step process

1. Challenge each of the FODMAP food groups, using the prescribed food at the prescribed dose for 3 days or until symptoms develop (eg bloating, cramping, diarrhoea, gas).
2. If you don't develop symptoms go back to the FODMAP diet for 3 days, then re-challenge with the next FODMAP food group.
3. If you do develop the above symptoms, stop the challenge process for that category, and go back to the FODMAP diet again for 5 days or until normal function has resumed.
4. Then challenge with the next FODMAP food group.

What are the FODMAP food groups?

Fructose
Lactose
Polyols (eg Sorbitol and Mannitol)
Mannitol
Fructans
Galactans

Be systematic

As you progress through each food group, go back to a complete baseline FODMAP diet without any of the FODMAP foods, even if previous food groups have not elicited a reaction.

Then, begin to introduce another food from each of the categories from which you didn't get a reaction. Continue to avoid those that cause symptoms. Try not to introduce more than one new food at a time.

If you're satisfied that certain FODMAP food groups don't affect you, begin to gradually increase the dose or portion of these categories. Again, one at a time. This way you will determine your tolerable dose for these foods and be able to expand your diet.



Take it slow

It's important to be systematic and not to rush during this process.

Remember this is to determine which foods specifically affect you. Keep a record of the challenge - see next page.



My FODMAP challenge record

Proposed days	Date	Category	Food	Reaction comments
1-3		Fructose	½ mango or 1tsp honey	
4-6		FODMAP diet		
7-9		Lactose	½ cup cows milk	
10-12		FODMAP diet		
13-15		Sorbitol	2-4 dried apricots	
16-18		FODMAP diet		
19-21		Mannitol	½ cup mushrooms	
22-24		FODMAP diet		
25-27		Fructans	2 slices wheat bread or 1 clove garlic	
28-30		FODMAP diet		
31-33		Galactans	½ cup lentils/chickpeas	