

Low FODMAP Diet – Reintroduction Phase –

IMPORTANT: This is only an example of the reintroduction phase, which is based on my experience as described on my blog www.lowfodmapdiets.com –

Please note that it is always best to be followed by a specialised dietitian when following a low FODMAP Diet

	DAY 1 (MONDAY)	DAY 2 (TUESDAY)	DAY 3 (WEDNESDAY)	DAY 4 (THURSDAY)	DAY 5 (FRIDAY)	DAY 6 (SATURDAY)	DAY 7 (SUNDAY)
How to approach the reintroduction phase →	Small Portion, only choose ONE type of challenged food per week. Write down symptoms	Write down symptoms. Consume only low FODMAP Food on this day. If no symptoms, continue to medium portion on Wednesday. If symptoms appear, only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days)	Medium Portion of the same food consumed on day 1. Write down symptoms	Write down symptoms. Consume only low FODMAP Food on this day. If no symptoms, continue to larger portion on Friday. If symptoms appear, only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days)	Larger Portion of the same food consumed on days 1 and 3. Write down symptoms	Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If symptoms appear, only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday	
WEEK 1 Lactose	Milk (cow) Serving size ½ cup or 125ml or Yoghurt (plain, natural) , with no added FODMAPs like inulin Serving size 1/3 cup or 85g or Ice-cream vanilla Serving size 1 level scoop or 44g		Milk (cow) Serving size 2/3 cup or 160ml or Yoghurt (plain, natural) , with no added FODMAPs like inulin Serving size ½ cup or 125g or Ice-cream vanilla Serving size 2 level scoops or 88g		Milk (cow) Serving size 1 cup or 250ml or Yoghurt (plain, natural) , with no added FODMAPs like inulin Serving size 2/3 cup or 165g or Ice-cream vanilla Serving size 3 level scoops or 132g		
WEEK 2 Polyol- Sorbitol	Avocado Serving size ¼ whole avocado or 40g or Blackberry Serving size 5 berries or 25g or Lychees Serving size 5 lychees or 52g		Avocado Serving size 1/3 whole avocado or 60g or Blackberry Serving size 8 berries or 40g or Lychees Serving size 8 lychees or 85g		Avocado Serving size ½ whole avocado or 80g or Blackberry Serving size 10 berries or 50g or Lychees Serving size 10 lychees or 104g		
WEEK 3 Polyol- Mannitol	Cauliflower Serving size ¼ cup or 33g or Celery Serving size ½ medium stalk or 19g		Cauliflower Serving size 1/3 cup or 45g or Celery Serving size 1 medium stalk or 38g		Cauliflower Serving size ½ cup or 66g or Celery Serving size 1 and ½ medium stalk or 57g		
WEEK 4 Oligos- GOS	Borlotti beans canned Serving size ¼ cup or 46g or Black beans canned Serving size ¼ cup or 52g or Butter beans canned Serving size ¼ cup or 35g or Almonds Serving size 12 nuts		Borlotti beans canned Serving size 1/3 cup or 60-70g or Black beans canned Serving size 1/3 cup or 70-80g or Butter beans canned Serving size 1/3 cup or 55g or Almonds Serving size 15 nuts		Borlotti beans canned Serving size ½ cup or 90g or Black beans canned Serving size ½ cup or 105g or Butter beans canned Serving size ½ cup or 70g or Almonds Serving size 20 nuts		
WEEK 5 Fructans bread, pasta	Wheat Pasta, cooked Serving size 2/3 cup or 100g or White Bread wheat Serving size 1 and ½ slices or 36g or Cous Cous wheat or rice & corn cooked Serving size ½ cup or 77g		Wheat Pasta, cooked Serving size 1 cup or 150g or White Bread wheat Serving size 2 slices or 49g or Cous Cous wheat or rice & corn cooked Serving size 2/3 cup or 100g		Wheat Pasta, cooked Serving size 1 and ½ cup or 225g or White Bread wheat Serving size 3 slices or 72g or Cous Cous wheat or rice & corn cooked Serving size 1 cup or 154g		
WEEK 6 Fructans vegetables	Garlic Serving size ¼ clove or Onion Serving size ¼ onion or 22g or Leek Serving size ¼ cup or 22g chopped leek		Garlic Serving size ½ clove or Onion Serving size 1/3 onion or 35g or Leek Serving size 1/3 cup or 30g chopped leek		Garlic Serving size 1 clove or Onion Serving size ½ onion or 45g or Leek Serving size ½ cup or 44g chopped leek		
WEEK 7 Fructans fruits	Dates pitted Serving size 2 dates or Figs dried Serving size 2 figs or 38g or Grapefruit Serving size ½ medium size grapefruit		Dates pitted Serving size 3 dates or Figs dried Serving size 3 figs or 56g or Grapefruit Serving size 1/3 medium size grapefruit		Dates pitted Serving size 4 dates or Figs dried Serving size 4 figs or 76g or Grapefruit Serving size 1 medium size grapefruit		
WEEK 8 Fructose	Honey Serving size 1 tablespoon or 28g or Figs fresh Serving size ½ medium fig or 25g Mango Serving size ¼ mango or 52g Cherries Serving size 3 cherries or 21g		Honey Serving size 1 and ½ tablespoons or 42g or Figs fresh Serving size 1 fig or 50g Mango Serving size ½ mango or 104g Cherries Serving size 6 cherries or 42g		Honey Serving size 2 tablespoons or 56g or Figs fresh Serving size 1 ½ figs or 75g Mango Serving size 1 mango or 208g Cherries Serving size 9 cherries or 63g		