



SAMPLE PAGES

Reintroducing
FODMAPs

What FODMAPs should I challenge?

Fructans, polyols and **galacto-oligosaccharides (GOS)** are usually restricted in everyone following a low FODMAP diet and so most individuals will challenge with foods containing these FODMAPs.

See pages 5-8 for fructan challenges and high fructan foods.

See page 9 for polyol challenges and high polyol foods.

See page 10 for GOS challenges and high GOS foods.

If your dietitian advised you to restrict fructose, see page 11 on how to challenge with fructose and high fructose foods.

If your dietitian advised you to restrict lactose, see page 12 on how to challenge with lactose and high lactose foods.

What foods should I use to challenge?

For foods containing fructans, you will need to challenge with each food you wish to reintroduce. This is because the way the gut handles fructans and FODMAP differs from one food to another.

There are two different types of **polyols** (sorbitol and mannitol). Therefore, there are two separate challenges for polyols, one for sorbitol and one for mannitol.

For foods containing **sorbitol, mannitol, GOS, fructose** and **lactose**, you can use one challenge food to test your response to all foods high in that particular FODMAP. For example, honey is a food high in fructose. If you get symptoms in response to honey, you are likely to get symptoms to other foods high in fructose.

Fruit and vegetables listed in the yellow column on page 13 'eat in small amounts' in the booklet 'Reducing fermentable carbohydrates the low FODMAP way' can also be reintroduced. Carefully increase the portion size and monitor your symptoms.

Fructose challenge

You can use one challenge food to test your response to all high fructose foods. On Day 1 use 1/2 mango or 1 teaspoon honey. Use the same food for each of the food challenge days you complete.

Day	Quantity	Symptoms
1		
2		
3		

Foods high in fructose

Fruit

Boysenberry
 Fig (fresh)
 Mango
 Fruit in 100g portion size
 Fruit juice greater than 100ml

Vegetables

Sugar snaps

Other

Honey
 Agave nectar

If you get symptoms avoid all foods high in fructose completely. You can re-challenge again in much smaller amounts at a later date if you want to.

If you don't get symptoms all the foods above high in fructose should be tolerated well. Include only after all the food challenges are complete. There are foods high in fructose on pages 13-15 that contain other FODMAPs and these can be introduced separately.





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