

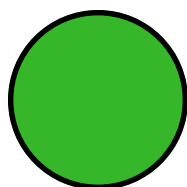
Avoid these Five Common Mistakes When Reintroducing FODMAPS



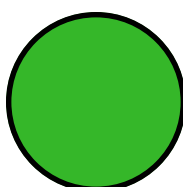
1. Choose the wrong food to test

Only choose foods containing 1 type of FODMAP

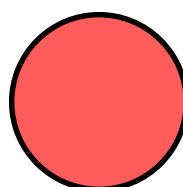
Sweet potato (polyols) (one red circle)



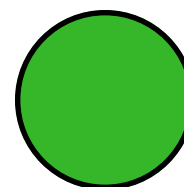
Oligos



Fructose

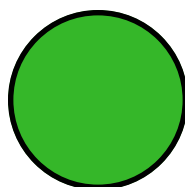


Polyols

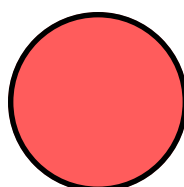


Lactose

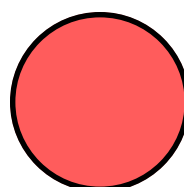
Apple (polyols & sorbitol) 2 Red Circles)



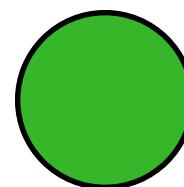
Oligos



Fructose



Polyols



Lactose

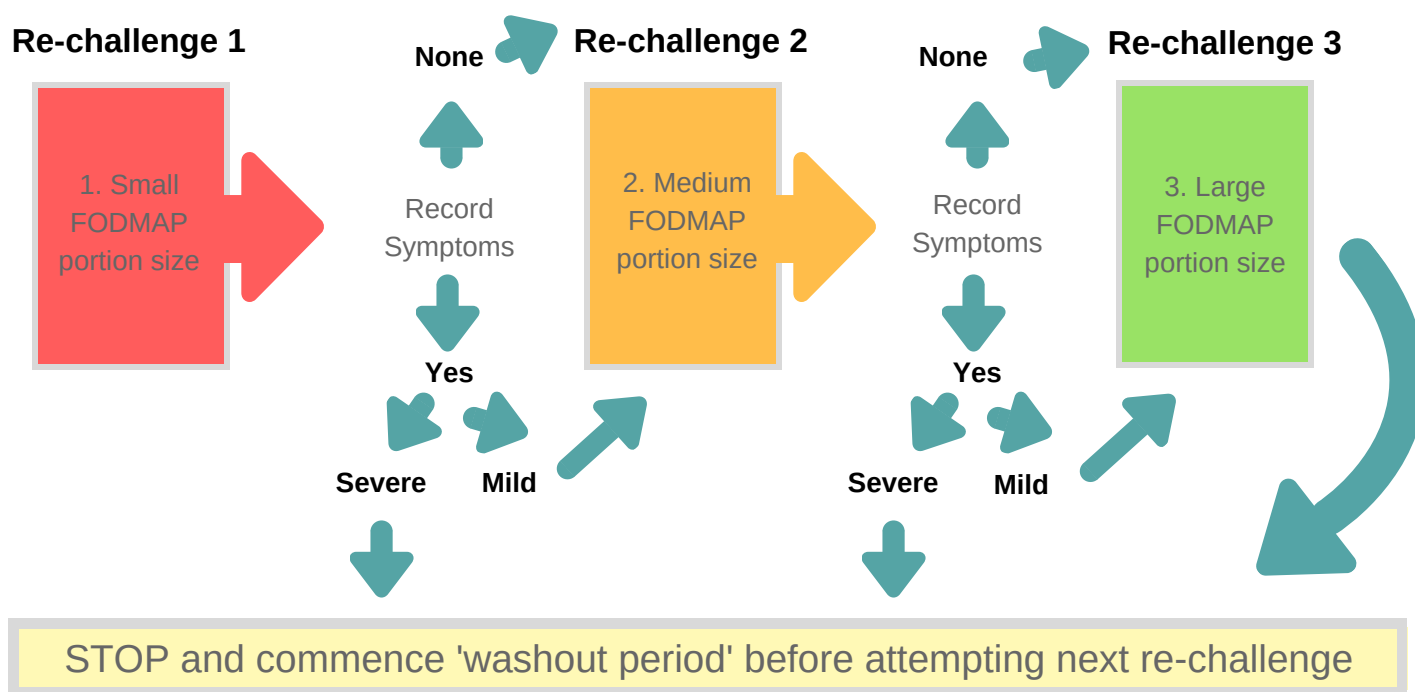
2. Not Realistic with your Re-challenge tests

Pick foods you would normally eat and only test up to the quantities you would normally consume.



3. The portion size of your test food is too large

Start with a small portion, then gradually increase the portion size



4. Not allowing enough time between challenges

Do not start a new test until have:

- 1) Eliminated the challenge food from your diet
- 2) Returned to your FODMAP elimination diet for 3 days (wash out period)
- 3) You are symptom free

When done correctly the reintroduction phase will last 60 days

5. Eating FODMAP safe foods during challenge periods

Even though a challenge food did not cause any GI upset, you must wait 'til the end of your challenge period before returning it to your diet.

Remember: You are testing the FODMAP, not the food

How long does the FODMAP Re-Introduction actually take?

No.	Food	Test Days	FODMAP	Washout
1	Wheat Bread	3	Fructan	+3
2	Wheat Pasta	3	Fructan	+3
3	Raspberries	3	Fructan	+3
4	Onion	3	Fructan	+3
5	Garlic	3	Fructan	+3
6	Sweet Potato	3	Mannitol	+3
7	Avocado	3	Sorbitol	+3
8	Chickpeas	3	GOS	+3
9	Honey	3	Fructose	+3
10	Milk	3	Lactose	+3
	Total:	30	Total:	+30

Example Challenge Schedule & Food Example

Re-Introduction #1 - Fructose



*1 tsp of honey increasing to 2 TBS of honey

*1/4 of a medium sized mango increasing to one whole medium sized mango

Re-Introduction #2 - Sorbitol (Polyols)



*3 blackberries increasing to 10 blackberries

*1/4 of an avocado increasing to whole avocado

*1 fresh apricot (use the same serving size for each test day as apricots also contain Fructans in larger sizes).

Re-Introduction #3 - Mannitol (Polyols)



- *1/2 Portobello mushroom increasing to 1/2 cup serve
- * 4 oz of sweet potato increasing to 7 oz
- *10 oz cauliflower increasing to 30 oz serve

Re-Introduction #4 - Lactose (Disaccharides)



- *1/2 cup milk increasing to 1 1/2 cup of milk
- *1 scoop of ice cream increasing to 3 scoops
- *6 oz of yogurt (just watch out for added high FODMAP ingredients in the yogurt)

Re-Introduction #5&6 - Fructan Bread, Cereals, Grains (Oligosaccharides)



- *1 slice of wheat bread increasing to 3 slices of wheat bread
- *2 oz wheat pasta increasing to 5 oz (use the cooked weight of the pasta).

*Test two foods from this group

Re-Introduction #7&8 - Fructan Vegetables (Oligosaccharides)



- *1/4 of a clove of garlic increasing to 1 clove of garlic
- *1/4 of a medium leek increasing to 1/2 whole leek (white and green sections)
- *1 tablespoon onion increasing to 1/2 onion

*Test two foods from this group

Re-Introduction #9 - Galactans (GOS - Oligosaccharides)



*2 tablespoon serve increasing to 6 tablespoon serve of chickpeas or canned black beans

*Almonds (increase from 15 nuts to 25 nuts)

*Boiled red lentils (increase from ½ cup cooked)

Re-Introduction #10 - Fructose & Sorbitol



*½ apple or pear increasing to one whole apple or pear.

**only complete if you passed both individual FODMAP tests

For a full list of FODMAP foods you can test with, please see Lee Martin's Re-challenging and Reintroducing FODMAPS Guide.

<https://www.lowfodmapdiets.com/rd-lee-martin/>

Once you have identified which FODMAP groups are unlikely to trigger your IBS symptoms, you can start slowly adding them back into your diet under the advice of your dietitian, and move onto a long term modified low FODMAP diet.

<https://alittlebityummy.com/life-after-the-reintroduction-phase-what-is-the-modified-low-fodmap-diet/>

The information presented above is a summary from a blog posted by Alana Scott as reported in Lee Martin's book Re-challenging and Reintroducing FODMAPS guide.