



Abbreviated FODMAP Reintroduction

Congratulations! You've successfully completed the elimination phase of the SIBO Specific Diet. You are now ready to begin challenging the foods you've worked so hard to eliminate. Please read the following instructions to learn how to begin food challenge and reintroduction.

For reintroduction, **ONE** new food from only **ONE** carbohydrate category will be challenged for a period of 4 days total. The serving size of the challenged food will increase over two days. Dose dependent reactions may occur, so start with a moderate portion on day one and increase the portion size the next day. After the challenge, you will return to the green column for 2 days. This "washout period" between food challenges can help ensure symptoms are not a result of overlap between food categories. This period will also give your body a rest.

Again, only one food from each category should be chosen, as people will often respond similarly to foods in the same category. For example, both mushrooms and cauliflower are in the mannitol category, so if you respond poorly to mushroom, you will probably have a similar reaction to cauliflower and other mannitol-containing foods, like celery.

If you don't experience symptoms on the first day, that is good. Increase the amount you are testing the next day. After the challenge, wait and observe for symptoms for 2 days, then move onto the next FODMAP group. If no reaction, **do not** keep the tested food in your diet for the remainder of the reintroduction period (even if it did not cause you symptoms). This simply minimizes potential complications and "stacking" of FODMAPs during the process.

If you develop symptoms (i.e. diarrhea, gas, bloating, abdominal pain, etc) to a certain group, wait until you are symptom free for at least 3 days, then either reduce the serving size by half and re-challenge OR try another food from within the same FODMAP group to confirm the results of the first challenge. Alternatively, you may assume that FODMAP is a trigger for you and move onto challenge the next FODMAP group, after waiting for symptoms to resolve. You can always come back to that food and challenge it at a later time.

NOTE: Fructans such as onions and garlic, may cause a buildup and cause severe symptoms if introduced consecutively. To avoid this, when introducing fructans, **introduce them every other day over the course of a week**, instead of 4 days.

To summarize, you will challenge a FODMAP food group for 2 days and then wait for 2 days (washout period) to see if you develop a reaction. The exception to this rule is garlic and onions, which need to be introduced every other day, over a week-long period. During the washout period, adhere to low FODMAP diet (green column). This will be repeated until all food groups have been tested. If you develop symptoms, continue a low FODMAP diet until you are symptom free. Then either re-challenge that same food in a smaller amount, challenge a different food in that food group, OR challenge a different food group.

Once all food groups have been successfully reintroduced, you can now consume normal serving sizes. However, if triggers were identified, please avoid these foods.

Tips for FODMAP Challenge

- Test only one FODMAP subgroup at a time. Do not challenge multiple carbohydrate subgroups.
- If a food contains two different FODMAP components, this should not be reintroduced until later. For example, pears contain high amounts of both fructose and polyols, so if they elicit symptoms you will not know if fructose or a polyol is an offending factor. Foods like apples and pears are not good choices for the first round of food challenges, as it will be too difficult to discern which category of foods is responsible for symptoms.
- Track your diet and symptoms in a journal during the challenge phase to help define your reactions to food.
- Test the food you are challenging as part of a meal, as it may be tolerated better with other food rather than by itself. This can be done as long as there are no other FODMAPs in the meal.
- Note that portion sizes are listed as raw food measurements, but you can serve them cooked. To do this, eat only the cooked raw amount. For example, if you want to challenge mannitol, start with ¼ cup raw portobello mushroom. If cooked, the mushrooms will reduce in volume, but only eat the cook amount that began as ¼ cup raw.
- If one food in a subgroup causes symptoms, it is possible that another food in that subgroup will as well. For example, if leeks cause symptoms, garlic and onions probably will too because they contain similar amounts of fructans.
- If you experience minor, but not painful symptoms (i.e. you feel a gas bubble), note this symptom in your journal. However, this symptom should not be considered as a failed FODMAP challenge. See below for symptoms of a failed challenge.
- When introducing fructans, introduce food every other day over the course of a week. For example, introduce on Monday, Wednesday, and Friday, and eat from the green column on Tuesday, Thursday, and Saturday.
- If you pass a food challenge, congrats! However, do not add that food or other foods in that subgroup until all challenges are complete. All challenge must be done while you remain on the low FODMAP diet, as FODMAPs are additive.

What are symptoms of a failed challenge?

A failed FODMAP challenge consists of uncomfortable symptoms such as diarrhea, cramping, bloating, constipation, or a return of symptoms that you experienced prior to the elimination phase.

If when challenging these high FODMAP foods you experience undesirable symptoms, please let Dr. Cat know immediately. IN addition, stop the challenge and resume a low FODMAP (green column) diet until your symptoms subside and you have been symptom free for 3 days.

FODMAP Group Challenge Schedule

*Do not introduce a group if you know you have a sensitivity to that food OR you are avoiding that food. For example, grains and dairy. Unless otherwise stated, **only choose one of the foods** in each food group to challenge. Do not choose multiple foods unless it is otherwise stated.*

Groups 1: Fructan Vegetables (Onion)

- 1 tablespoon raw onion increasing to 3 tablespoons of onion, alternate every other day

Groups 2: Fructan Vegetables (Garlic)

- ½ clove of raw garlic increasing to 1 ½ clove of garlic, alternate every other day

Group 3: Sorbitol (Polyols) - choose one

- 1/2 of an avocado increasing to a whole avocado **-or-**
- 5 blackberries increasing to 10-15 blackberries

Group 4: Fructose - choose one

- ½ Tbsp honey increasing to 2 Tbsp honey **-or-**
- ¼ of a medium-sized mango increasing to a whole medium-sized mango **-or-**
- 7 raw sugar snap peas increasing to 25 sugar snap peas

Group 5: Mannitol (Polyols) - choose one

- ½ cup raw cauliflower increasing to 1 cup of cauliflower **-or-**
- ½ cup sliced button mushrooms increasing to 1 ½ cup sliced button mushrooms **-or-**
- ½ cup raw sweet potato increasing to 1 cup raw sweet potato

Group 6: Galactans (Oligosaccharides) - choose one

- ½ cup cooked kidney or black beans increasing to 1 cup cooked kidney or black beans **-or-**
- 15 almonds increasing to 25 almonds

Groups 7: Fructan Vegetable (Oligosaccharides) - choose one

- ½ cup grapefruit increasing to 1 medium-sized grapefruit **-or-**
- 1 dried date increasing to 4 dried dates **-or-**
- 1/3 cup pomegranate seeds increasing to ½ cup pomegranate seeds

Group 8: Lactose (Disaccharides) *Optional*

- ¼ cup plain yogurt or milk increasing to 1 cup plain yogurt or milk
 - Note if you know you are sensitive to dairy, first challenge lactose-free yogurt to isolate the protein, A1 casein. Instructions are on the last page. If you do not have a history of dairy sensitivity, then challenge normal yogurt or kefir first.
 - Ask Dr. Cat about this if you need clarification.

Group 9: Fructan Cereal or Grain (Oligosaccharides) *Optional*

- ½ cup puffed rice cereal (Rise Krispies cereal) increasing to 1 cup puffed rice cereal

Note: Foods do not have to be consumed raw, they may be cooked. If a raw serving size is stated, cook the raw equivalent and consume for the challenge.

Once the introduction is complete, you may consume foods that have mixed FODMAP groups. Examples of these foods are asparagus, fennel, and cashews. Please see the next page for a simple breakdown of the FODMAP food groups. Use the Monash University App for a comprehensive list of FODMAP content.

Abbreviated FODMAP Challenge Outline

Abbreviated Reintroduction Outline	
Day 1	<p>Introduce a moderate FODMAP serving Consume 2-3 moderate FODMAP portions of the chosen FODMAP food. No symptoms: Proceed to the next day. If this serving gives you symptoms, do not proceed. Wait until symptoms clear, then either try a new FODMAP group OR introduce a different food in that same FODMAP category.</p>
Day 2	<p>Introduce a high FODMAP serving No symptoms: Great- you likely tolerate this food. Move on to the observation period. If this serving gives you symptoms, wait until symptoms clear and try reintroduction again OR move on to a new FODMAP group. If still symptomatic after 2nd challenge, you may only tolerate small to medium portions of this group OR this food is a trigger.</p>
Day 3	<p>Washout Day Eat from the green column only! Take the day off to let your body recover, do not include any reintroduced FODMAP group, even if the challenge was successful.</p>
Day 4	<p>Washout Day Eat from the green column only! If you have been symptom free for at least 2 days, you can begin a new FODMAP group to challenge.</p>
Day 5	<p>*NEW FOOD* Introduce a moderate FODMAP serving Consume 2-3 moderate FODMAP portions of the chosen FODMAP food. No symptoms: Proceed to the next day. If this serving gives you symptoms, do not proceed. Wait until symptoms clear, then either try a new FODMAP group OR introduce a different food in that same FODMAP category.</p>
Day 6	<p>Introduce a high FODMAP serving No symptoms: Great- you likely tolerate this food. Move on to the observation period. If this serving gives you symptoms, wait until symptoms clear and try reintroduction again OR move on to a new FODMAP group. If still symptomatic after 2nd challenge, you may only tolerate small to medium portions of this group OR this food is a trigger.</p>
Day 7	<p>Washout Day Eat from the green column only! If you have been symptom free for at least 2 days, you can begin a new FODMAP group to challenge.</p>
Day 8	<p>Washout Day Eat from the green column only! If you have been symptom free for at least 2 days, you can begin a new FODMAP group to challenge.</p>

Repeat until all food groups have been introduced

FODMAP Subgroup Challenge Template

There is no particular order to reintroduction, you may introduce in any order you'd like. Please be aware that onions and garlic are introduced over the course of a week.

Fructan Vegetable #1 Challenge *Consume every other day*		
Day 1	Day 3	Day 5
½ clove raw garlic	1 clove raw garlic	1 ½ clove raw garlic
Use food and symptom log to document reactions.		
If your symptoms are triggered after reintroducing the FODMAP, stop the challenge.		
Fructan Vegetable #2 Challenge *Consume every other day*		
Day 1	Day 3	Day 5
1 Tbsp chopped raw onion	2 Tbsp chopped raw onion	3 Tbsp chopped raw onion
Use food and symptom log to document reactions.		
If your symptoms are triggered after reintroducing the FODMAP, stop the challenge.		
Sorbitol Challenge		
Day 1	Day 2	
½ avocado OR 5 blackberries	½ avocado OR 10-15 blackberries	
Use food and symptom log to document reactions.		
If your symptoms are triggered after reintroducing the FODMAP, stop the challenge.		
Mannitol Challenge		
Day 1	Day 2	
1/2 cup cauliflower, ½ cup mushrooms, OR ½ cup sweet potatoes	1 cup cauliflower, 1 ½ cup mushrooms, OR 1 cup sweet potatoes cup cauliflower	
Use food and symptom log to document reactions.		
If your symptoms are triggered after reintroducing the FODMAP, stop the challenge.		
Fructose Challenge		
Day 1	Day 2	
7 sugar snaps, ½ Tbsp honey, OR ¼ mango	25 sugar snaps, 2 Tbsp honey, OR 1 mango	
Use food and symptom log to document reactions.		
If your symptoms are triggered after reintroducing the FODMAP, stop the challenge.		
Fructan Fruit Challenge		
Day 1	Day 2	
½ cup grapefruit, 1 date, or 1/3 cup pomegranate seeds	1 medium grapefruit, 4 dates, or ½ cup pomegranate seeds	
Use food and symptom log to document reactions.		
If your symptoms are triggered after reintroducing the FODMAP, stop the challenge.		
Galactan Challenge		
Day 1	Day 2	
15 almonds OR ½ cup beans	20 almonds OR 1 cup beans	
Use food and symptom log to document reactions.		
If your symptoms are triggered after reintroducing the FODMAP, stop the challenge.		
Fructan Grain Challenge *Optional*		
Day 1	Day 2	
½ cup puffed rice	1 cup puffed rice	
Use food and symptom log to document reactions.		
If your symptoms are triggered after reintroducing the FODMAP, stop the challenge.		

Dairy Challenge *Optional*

Dairy Challenge #1: Casein		
Day 1	Day 2	Day 3
¼ cup lactose free yogurt or kefir	½ cup lactose free yogurt or kefir	1 cup lactose free yogurt or kefir
<p>If your symptoms are triggered after reintroducing lactose free yogurt. Challenge A2 milk in a separate challenge. As, this could mean that you are sensitive to the A1 protein. For the A2 milk challenge, follow the same instructions below, however, use A2 milk instead of yogurt/kefir. The portions are the same size.</p>		
<p>If you tolerate the lactose free yogurt, this means that you tolerate the A1 protein. Next, you'll need challenge normal yogurt (below) to test your tolerance to lactose. Wait 2-3 days before introducing the next challenge.</p>		
Dairy Challenge #2: Lactose		
Day 1	Day 2	Day 3
¼ cup yogurt or kefir	½ cup yogurt or kefir	1 cup yogurt or kefir
<p>If your symptoms are triggered after reintroducing normal yogurt- this means that you have a lactose intolerance and should avoid normal yogurt and other dairy that includes lactose. Opt for lactose-free dairy products instead.</p>		
<p>If you tolerate normal yogurt, can now incorporate yogurt/kefir in your diet.</p>		

*Perform this challenge if dairy has been an issue for you in the past. This challenge will differentiate a sensitivity to lactase vs casein.