## INTERPRETING CHALLENGE RESPONSES

## WELL TOLERATED

Titrate challenge dose upwards towards usual serving size OR
Try other foods rich in same FODMAP

MODERATE, BUT
MANAGEABLE SYMPTOMS

Try small serves of other foods rich in same FODMAP

## SEVERE / UNACCEPTABLE SYMPTOMS

Stop challenge + return to a low FODMAP diet

When symptoms resolve, repeat challenge using smaller serves / challenge on non-consecutive days

If still poorly tolerated, remove FODMAP for now and repeat challenge later

