

TRYING FOODS WITH UNKNOWN FODMAP CONTENT

Step 1:

Wait until symptoms are well controlled

Step 2:

On day 1, include a small amount ($\sim 1/3$ usual serve)

Step 3:

Over 3 consecutive days, monitor symptoms response and adjust serving size / frequency to find a personal level of tolerance

Step 4:

Can you tolerate the food?

Yes – safe to include

No – avoid for now, try again in the future

REMEMBER: a low FODMAP diet should only be as strict as symptoms demand.



MONASH
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LOW FODMAP
DIET™