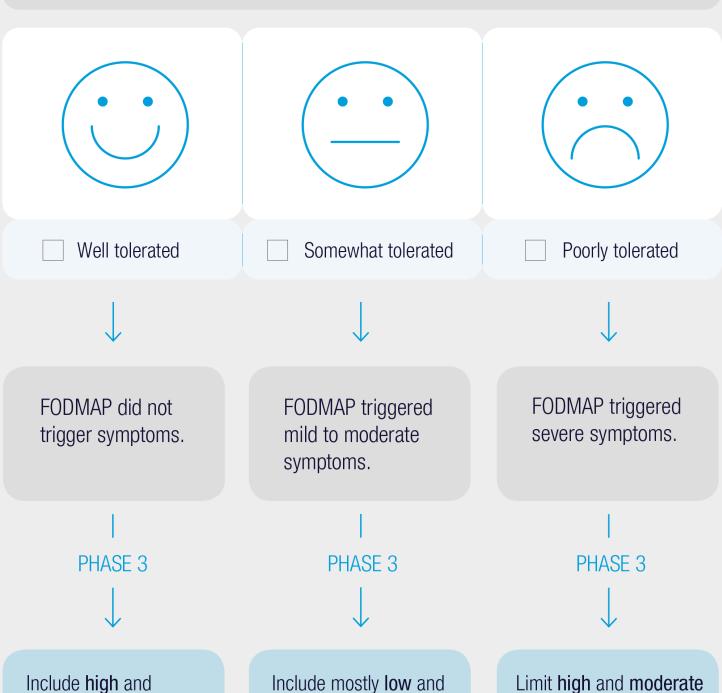
## INTERPRETING CHALLENGE RESULTS IN PHASE 3

How did you tolerate the (e.g. lactose, GOS, etc.) challenge?



Include **high** and **moderate** FODMAP serves freely.

Include mostly low and moderate FODMAP serves. Include high FODMAP serves less often or when able.

Limit high and moderate FODMAP serves for now. Eat mostly low FODMAP serves. Repeat challenge in the future as tolerance may change.

