

# FACTORS THAT INFLUENCE FODMAP TOLERANCE

## 1. **Type** of FODMAP consumed

Fructans may be well tolerated, but GOS may be poorly tolerated

## 2. **Amount** of FODMAP consumed

Adjust serving sizes up or down depending on tolerance

## 3. **Frequency** of consumption e.g. twice daily, daily, weekly

Include more often if well tolerated, less often if poorly tolerated

## 4. **Combination** e.g. fructose+sorbitol, fructans+GOS

Try combining well tolerated FODMAPs e.g. lactose + fructans in one sitting

