

SUGGESTED CHALLENGE FOODS

	SUGGESTED FOOD	DAY 1 – AMBER SERVE	DAY 2 – RED SERVE	DAY 3 – RED SERVE	OTHER POSSIBLE CHALLENGE FOODS
EXCESS FRUCTOSE	Honey Mango	1½ tsp ¼ mango	2 tsp ½ mango	1 tbsp 1 mango	Sugar snap peas Orange juice Boysenberry Fig (fresh)
LACTOSE	Cow's milk Yoghurt	¼ cup ½ small tub	½ cup 1 small tub	1 cup 1 cup	Custard Ricotta Cream Icecream Evaporated milk
SORBITOL	Avocado Apricot	¼ small ¼ small	½ small ½ small	¾ medium 1 small	Blackberries Yellow peach Lychee Fresh coconut Coconut milk
MANNITOL	Portobello mushroom Cauliflower	¼ mushroom 1 small florets	1/2 mushroom 2 small florets	1 mushroom 4 small florets	Celery Sweet potato White cabbage (sauerkraut)
FRUCTOSE + SORBITOL	Red apple Packham pear	¼ medium ¼ medium	½ medium ½ medium	1 medium 1 medium	Cherries Tinned apricots Nashi pear Dried pear
FRUCTAN (GRAIN FOODS)	Cous cous (wheat) Pasta (wheat)	¼ cup (cooked) ⅔ cup (cooked)	½ cup (cooked) 1 cup (cooked)	1 cup (cooked) 1½ cup (cooked)	Pumpernickle bread Barley flakes Gnocchi Semolina
FRUCTAN (ONION/ GARLIC)*	Onion Garlic	1 tbsp diced ⅓ clove	2 tbsp diced ½ clove	3 tbsp diced 1 clove	Leek (bulb only) Artichoke (globe) Spring onion (bulb only) Raisins Grapefruit Dates Dried fig Dried pineapple Dried mango
GOS*	Chickpeas (canned) Almonds	½ cup 17 nuts	⅔ cup 20 nuts	1 cup 30 nuts	Cashews Pistachios Black beans Borlotti beans Haricot beans Navy beans Silken tofu Soy milk (from soy beans)

