

INTERPRETING CHALLENGE RESULTS IN PHASE 3

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



☐ Well tolerated



FODMAP did not trigger symptoms.

|
PHASE 3



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



☐ Somewhat tolerated



FODMAP triggered mild to moderate symptoms.

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PHASE 3



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



☐ Poorly tolerated



FODMAP triggered severe symptoms.

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PHASE 3



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



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LOW FODMAP
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