

- THE -
Happy Gut
 AT HOME PROGRAM

FODMAPS REINTRODUCTION

You will test 7 different FODMAPs categories (see table below), **introducing only one FODMAP group per week.**

During that week, you will gradually increase the amount of each FODMAPs to test your tolerance. The recommended foods to test are the foods that are high in only one of the FODMAPs categories. This makes it easier to pin-point your specific intolerances.

We recommend keeping a food diary during the re-introduction, noting how you feel after each day of re-introduction. Take note of quantities as well, and how much you can eat without symptoms.

FODMAPs CATEGORY	HOW TO TEST
1- Fructose	Opt 1: 1 tsp of honey, increasing to 2 tbsp. Opt 2: ¼ medium size mango, increasing to 1 medium mango
2- Sorbitol (Polyols/sugar alcohol)	¼ of an avocado, increasing to a whole avocado
3- Mannitol (Polyols/sugar alcohol)	Opt 1: 100g of sweet potato, increasing to 200 g. Opt 2: 30 g cauliflower, increasing to 90g
4- Lactose (Disaccharides)	Milk: 125 ml increasing to 375ml
5- Fructan vegetable (Oligo-fructan) Note: your tolerance to those may vary, so it's a good idea to test each of them separately.	Opt 1: ¼ clove of garlic increasing to 1 clove. Opt 2: ¼ of a medium leek, increasing to 1 whole leek. Opt 3: ¼ onion increasing to a whole onion.
6- Fructan fruits (Oligo-fructan)	1 dried date, increasing to 4 dried dates.
7- Galactans (Oligo-GOS)	Opt 1: 2 tbsp frozen peas, increasing to 6 tbsp. Opt 2: 15 almonds increasing to 25 almonds

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Small FODMAP portion	Medium FODMAP portion	Large FODMAP portion	No FODMAPs	No FODMAPs	No FODMAPs	When symptom free, test next category.
If no symptoms or mild symptoms, continue. If severe symptoms, stop.	If no symptoms or mild symptoms, continue. If severe symptoms, stop.	If no symptoms or mild symptoms, continue. If severe symptoms, stop.				

Foods high in Fructose: Apple, honey, cherries, figs, mango, pear, plum, watermelon, jerusalem artichoke, asparagus, sugar snap peas, broad beans

Foods high in polyol-sorbitol: Apple, apricot, avocado, blackberries, lychees, nectarine, peach (white and yellow), pear, plum, corn

Foods with moderate amount of polyol-sorbitol: Cherries, coconut, broccoli (more than 1 cup)

Foods high in polyol-mannitol: watermelon, cauliflower, snow peas, button mushrooms, sweet potatoes, butternut squash (more than 1/2cup)

Foods high in Oligo-fructans: grapefruits, nectarines, white peach, pomegranate, watermelon, dates, raisins, jerusalem artichoke, globe artichoke, asparagus (>4 spears), beetroot, garlic, leeks, snow peas, button mushrooms, onions, butternut squash (more than 1/2cup), broccoli (more than 1 cup), pistachio, cashews, split peas

Food high in Oligo-GOS: almonds (more than 10 nuts), pistachio, cashews, butter beans, borlotti beans, split peas, beetroots, corn, snow peas, peas (thawed)