



Low FODMAP Diet: Step 3

Personalising Your Eating

Now that you have completed your FODMAP reintroductions, it is time to help you establish a healthy, balanced diet, based on the foods that don't cause you discomfort.

- Step 1: ✓ Swap foods that are high in FODMAPs for foods that are low in FODMAPs for two to four weeks to see if your symptoms are caused by any of these foods.
- Step 2: ✓ Eat specific high FODMAP foods from one group at a time (a food reintroduction) to see which FODMAP group(s) you are reacting to.
- Step 3: ✓ **Gradually bring back in your “tolerated FODMAP” foods and re-introduce those not yet tolerated every six months.**

Symptoms during reintroductions

It is common to find that one or more of the reintroduction FODMAP groups trigger your symptoms. The good news is that you may be able to tolerate these foods in the future.

We suggest that you re-try the FODMAP foods you didn't tolerate every four to six months. Over time you may find that your reactions to these foods become less and less, until you are able to have all foods. You might find your tolerance changes if you are more stressed, or more relaxed, so it is good to keep trying when you feel up to it.

When you re-try a FODMAP group, use your Step 2 information sheet to guide you. Keep a note here for when you might retry a not-yet-tolerated group.

FODMAP Reintroductions

Challenge group	Date of next reintroduction

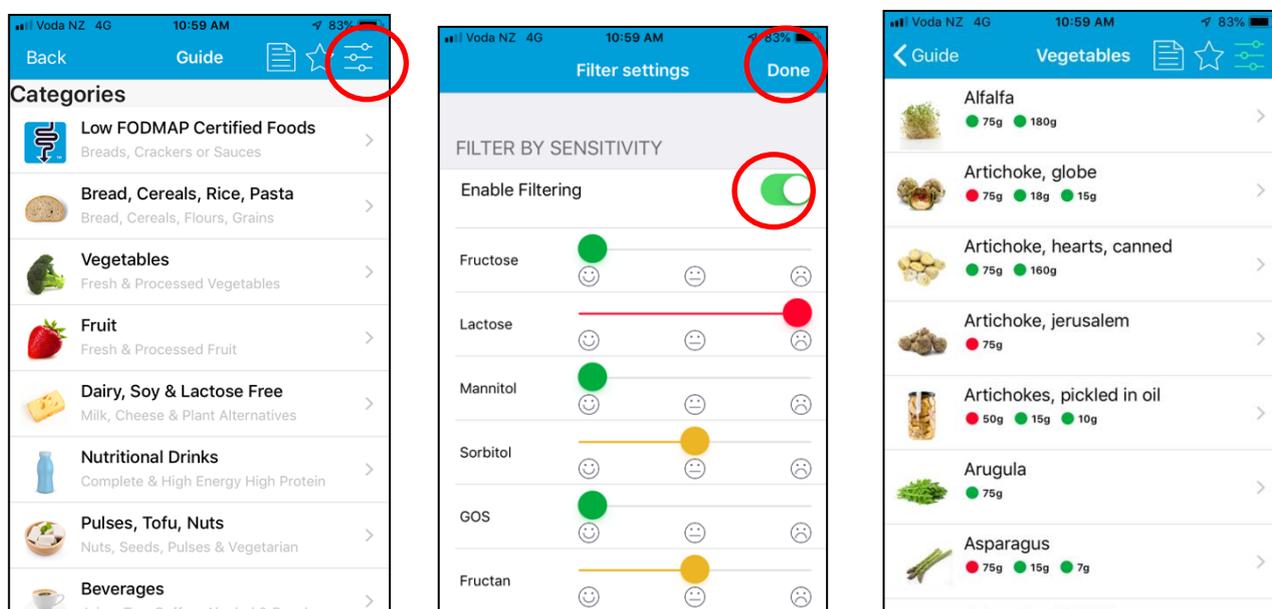
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Going forwards with your modified FODMAP diet

One of the best tools for planning your healthy diet on a modified FODMAP diet is the Monash University Low FODMAP App. This is available to buy for a one-off cost of around \$15, on both Android and Apple (iPhone) devices. A paper copy is available to buy from <https://www.monashfodmap.com/shop/>.

You can use the app to check the FODMAP content of foods. The App uses a traffic light system to show whether the food is high (red), moderate (orange) or low (green) in each of the FODMAP groups. Once you have completed the reintroductions and know your FODMAP trigger group(s), you can also set filters on the app, which will automatically change the traffic lights to suit your personal requirements.

Find the icon circled below, and press it. Choose 'Enable Filtering' and enter your reintroduction results. Mark FODMAP groups that you reacted to on day 1 of your reintroductions as red; orange if you managed day 2 reintroduction amounts; and green if you had no reactions at all. Your guiding food lists and amounts will now be set for you personally.



There are also many recipes available in books and on the internet to help you make low FODMAP meals. Many of these have inaccurate information so use your Monash App to check the FODMAP levels of other recipes. The most trusted sources of accurate information are the Monash 'Low FODMAP' App website and the 'A Little Bit Yummy' website and cookbooks:

- <https://www.monashfodmap.com/blog/monash-low-fodmap-recipe-index/>
- <https://alittlebityummy.com/recipes>
- The Gut Friendly Cookbook by Alana Scott (available in most libraries).

Healthy eating for your gut

Healthy eating for your gut is no different to healthy eating for general health.

- At least 7-8 servings of vegetables and fruit (mainly vegetables) daily.
- Up to 6 servings of wholegrain, high fibre carbohydrates each day.
- 2.5-4 servings of low fat dairy products daily.
- 2-3 servings of low fat protein – legumes, nuts, seeds, fish, seafood, eggs, poultry, red meat.
- At least 2 litres of water to drink each day.

Don't forget that revisiting your gut-directed hypnotherapy or using the Nerva App are also good strategies for some people.

Issued by	Dietetics	Issued Date	May 2022	Classification	I7 4101-12-003
Authorised by	Professional & Clinical Leader, Dietetics	Review Period	36mths	Page	Page 2 of 2

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