



MONASH
University

THE 3-STEP FODMAP DIET FOR GASTROINTESTINAL SYMPTOMS IN ENDOMETRIOSIS

Around 3/4 of women with endometriosis report troublesome gastrointestinal symptoms, such as abdominal pain, bloating, gas/wind, diarrhoea and pain opening bowels. New research has shown a low FODMAP diet relieves these gastrointestinal symptoms in about 6/10 sufferers.

Developed by Monash University, the low FODMAP Diet limits foods that can trigger gastrointestinal symptoms in people with endometriosis. Foods restricted on this diet are high in a group of sugars called FODMAPs:

Fermentable Oligosaccharides Disaccharides Monosaccharides And Polyols

**“THIS TRIAL PROVIDES HIGH-QUALITY DATA
SUPPORTING THE USE OF A LOW FODMAP DIET
TO IMPROVE GASTROINTESTINAL SYMPTOMS AND
QUALITY OF LIFE IN PATIENTS WITH ENDOMETRIOSIS.”**

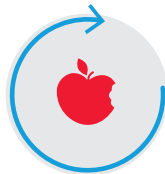
Varney JE et al, Clinical Trial: Effect of a 28-Day Low FODMAP Diet on Gastrointestinal Symptoms Associated With Endometriosis (EndoFOD)-A Randomised, Controlled Crossover Feeding Study. *Aliment Pharmacol Ther.* 2025;61(12):1889-903



STEP 1

Low FODMAP Diet

Follow a low FODMAP diet by swapping high FODMAP foods for low FODMAP alternatives. Aim is to relieve gastrointestinal symptoms.



STEP 2

FODMAP Reintroduction Diet

A low FODMAP diet continued. Food challenges (using foods high in only 1 FODMAP group) are used to determine which FODMAPs are tolerated, and which trigger gastrointestinal symptoms. Aim is to identify individual FODMAP sensitivities.



STEP 3

FODMAP Personalization Diet

Well tolerated FODMAPs are brought back into the diet, while poorly tolerated FODMAPs restricted, but only to a level that provides adequate relief of gastrointestinal symptoms. Aim is establish a minimally restrictive, 'personalized FODMAP diet' for the long term.

Some women notice a worsening of gastrointestinal symptoms (especially abdominal pain, bloating and diarrhoea) just before or and during their period. If this is the case for you, consider following your personalised low FODMAP diet at these times of your cycle, and returning to your usual diet at other times of your cycle.



MONASH
FODMAP
APP

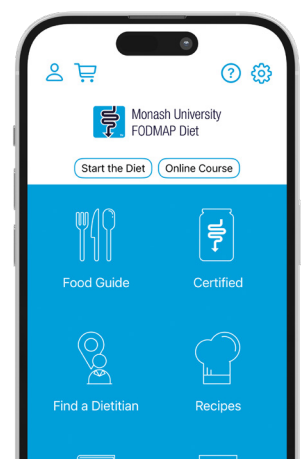


Get the App

The 3-Step FODMAP diet can easily be followed with the support of the Monash University FODMAP Diet App and a Monash FODMAP trained dietitian.

Visit the App Store, Google Play or Amazon to download the app. Find FODMAP trained dietitians via the Monash FODMAP app and website.

monashfodmap.com





STEP 1 LOW FODMAP DIET

(2 - 6 weeks)

High FODMAP foods are swapped for low FODMAP alternatives.

Traffic light colours in the app indicate **high**, **moderate** and **low** FODMAP foods. Eat mostly **low** FODMAP foods in this step.



Use the **Food Guide** in the **Monash FODMAP app** to find out what to eat.



STEP 2 FODMAP REINTRODUCTION

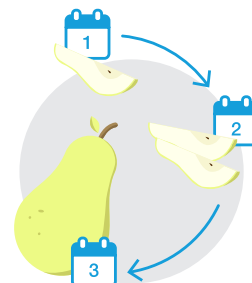
(8 - 12 weeks)

If your symptoms improve in step 1, it is time to reintroduce FODMAPs. Remain on a low FODMAP diet during this step.

Challenge each FODMAP group separately (fructose, lactose, sorbitol, mannitol, fructans, GOS). Include 1 reintroduction food daily for 3 days to identify which FODMAPs you tolerate and which trigger symptoms.



Find **reintroduction foods** and record symptom responses in the **Diary** of the **Monash FODMAP app**.



STEP 3 FODMAP PERSONALIZATION

(Long-term diet)

You should now understand which FODMAPs you tolerate and which trigger your IBS symptoms.

Well tolerated foods and FODMAPs can be included in your diet.



Set the **Filters** in the **Monash FODMAP app** to tailor the **Food Guide** to suit your personal FODMAP sensitivities.



Vegetables

HIGH FODMAP FOODS AND

Artichoke, asparagus, garlic, green peas, leek, mushrooms, onion, red capsicum (bell pepper)

Fruits

Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon

Dairy and alternatives

Cow's milk, custard, evaporated milk, ice cream, soy milk (made from whole soybeans), sweetened condensed milk, yoghurt

Protein sources

Most legumes/pulses, some marinated meats/poultry/seafood, some processed meats

Breads and cereal products

Wheat/rye/barley based breads, breakfast cereals, biscuits and snack products

Sugars/sweeteners & confectionery

High fructose corn syrup, honey, sugar free confectionery

Nuts and seeds

Cashews, pistachios

LOW FODMAP ALTERNATIVES

Aubergine/eggplant, bean(green), bok choy, green capsicum (bell pepper), carrot, cucumber, lettuce, potato, bean shoots, zucchini (1/5 cup or 65g)

Cantaloupe (3/4 cup or 120g), kiwi fruit (green), mandarin, orange, pineapple, strawberries (5 mediums)

Almond milk, brie/camembert cheese, feta cheese, hard cheeses, lactose-free milk, soy milk (made from soy protein)

Eggs, firm tofu, plain cooked meats/poultry/seafood, tempeh

Gluten free corn flakes, oats, quinoa flakes, quinoa/rice/corn pasta, rice cakes (plain), sourdough spelt bread, wheat/rye/barley free breads

Dark chocolate, maple syrup, rice malt syrup, table sugar

Macadamias, peanuts, pumpkin seeds, walnuts