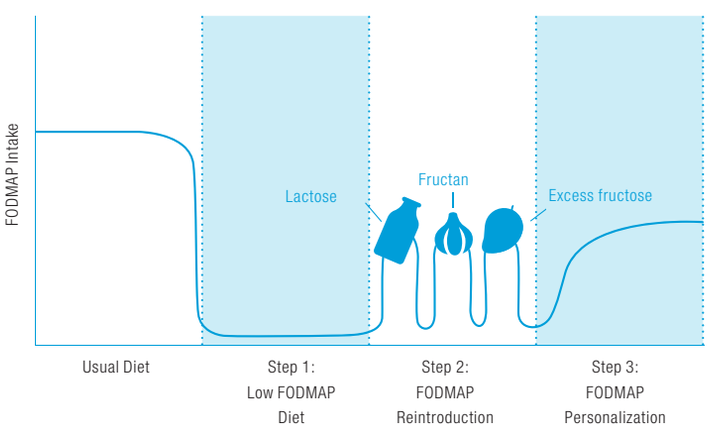
MONASH University

A GUIDE TO REINTRODUCTION USING THE MONASH UNIVERSITY FODMAP DIET APP

If you achieved good symptom control after 2-6 weeks on Step 1 of the FODMAP diet, it is time to reintroduce FODMAPs. Reintroducing FODMAPs will help you to identify which FODMAPs you tolerate and which trigger your symptoms.

Why is Step 2 - FODMAP Reintroduction important?

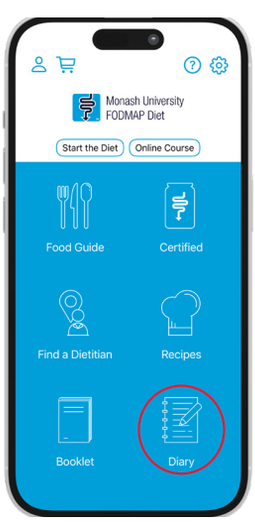
While you may be tempted to remain on a low FODMAP diet long term, this is not recommended because the diet is too restrictive and may cause you to miss out on important nutrients (such as calcium and fibre); prebiotics (the fuel source for gut bacteria), as well as social occasions involving food.



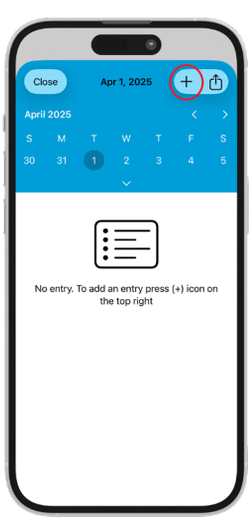
How to reintroduce FODMAPs?

- FODMAP Reintroduction can take 8-12 weeks to complete. Remain on a low FODMAP diet throughout this step.
- Challenge each FODMAP separately (fructose, lactose, sorbitol, mannitol, fructans, GOS).
- To do this, include 1 reintroduction food daily for 3 days (quantity increasing daily), and record any symptoms. Take a 2-3 day break between challenges before challenging the next FODMAP.

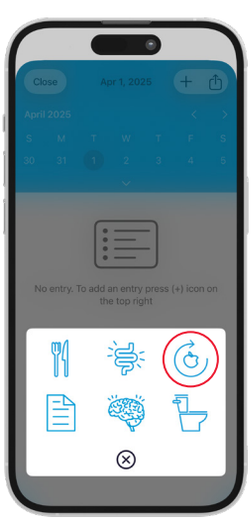
USING THE MONASH FODMAP APP



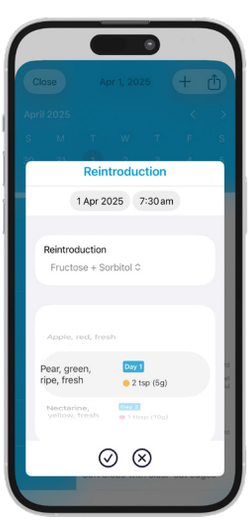
Step 1: On the home screen, select the “Diary” function.



Step 2: In the Diary, select the “+” symbol.



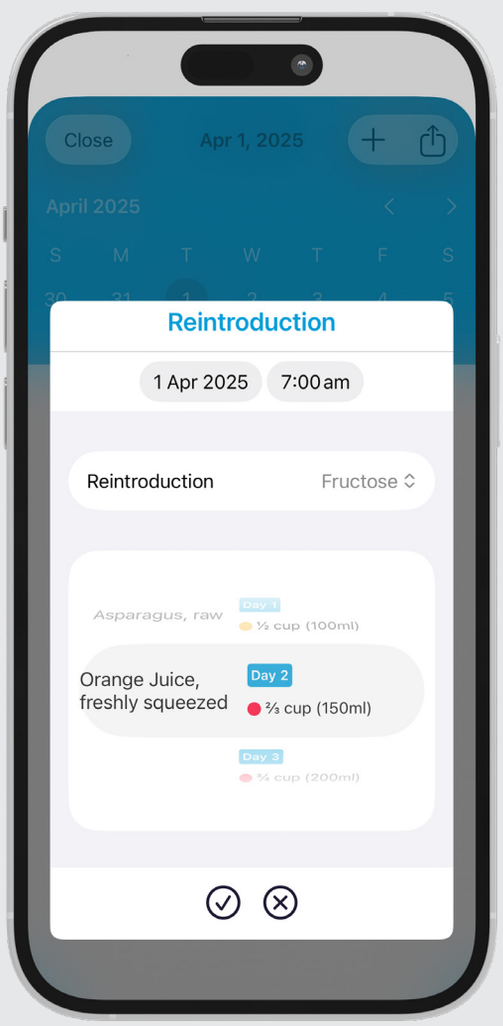
Step 3: Select the Reintroduction symbol



Step 4: Select a FODMAP to challenge, the food + quantity

FOODS USED TO CHALLENGE EACH FODMAP

Fructose	Mango, asparagus, orange juice (freshly squeezed)
GOS	Silken tofu, adzuki beans (canned, drained), pinto beans (canned, drained)
Fructans*	• Grain foods: Couscous (wheat), wheat pasta, puff pastry • Fruits and vegetables: Ripe banana, leek (white bulb) • Garlic • Onion
Lactose	Cow's milk, Greek yoghurt
Sorbitol	Apricot, cherries (frozen or fresh)
Mannitol	Portobello mushroom, celery stalks, sauerkraut (white cabbage)



How it works:

Select 1 food from each FODMAP group. Choose a food that you would usually eat.

Example:

Freshly squeezed orange juice (excess fructose challenge)

DAY 1: ½ cup (Amber serve)

DAY 2: ⅔ cup (Red serve)

DAY 3: ¾ cup (Red full serve)

Use the serving sizes in the app as a guide only. If these are too big or small compared to your usual serve, adjust accordingly.

For example:
- Day 1 - ¼ usual serve
- Day 2 - ½ usual serve
- Day 3 - Full serve

*Fructans are present in a wide variety of foods, and people commonly tolerate fructans from some food groups, but not others. Therefore, we recommend you complete separate challenges to assess your tolerance to fructans from different food groups.

CHALLENGING COMBINATIONS OF FODMAPS



Many foods contain multiple FODMAPs, such as fructose and sorbitol in apples. Once you have established your tolerance to individual FODMAPs, use the app to challenge common FODMAP combinations.

REINTRODUCTION TIPS

- **Remain on a low FODMAP diet throughout the reintroduction step.**
- **Complete challenges one at a time,** and at approximately the same time each day.
- **Use the Diary in the Monash FODMAP App** to identify challenge foods and doses.
- **You only need to challenge one food from each FODMAP group.** Choose a food that you commonly consume or enjoy.
- **The challenge dose is increased gradually over 3 days.** This helps you to understand the amount of each FODMAP that you tolerate.
- **You can individualise the order in which you complete the FODMAP challenges.** We recommend starting with lactose, because if you tolerate this you can reintroduce lactose containing foods whilst completing the remaining challenges. For all other FODMAPs, wait until you have completed all the challenges before you bring well tolerated FODMAPs back into the diet.
- **Some symptoms are normal.** You can continue the food challenge if the symptoms are acceptable to you. However, if the symptoms are intolerable, stop the challenge and wait for symptoms to improve before proceeding to the next FODMAP challenge.
- **Take a 2-3 day break between challenges** to allow your IBS symptoms to return to normal. Once your symptoms are well controlled you can begin the next challenge.

Speak to an experienced, registered dietitian for individualised advice on implementing a 3 step FODMAP diet.

Our Dietitian Directory has over 1,400 Monash FODMAP trained dietitians listed across 61 countries worldwide. To find out more, scan the QR code or visit: https://www.monashfodmap.com/online-training/fodmap-dietitians-directory

For more resources on managing IBS and the FODMAP diet, visit the Monash FODMAP website. monashfodmap.com

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