MONASH University

STEP 3 - FODMAP PERSONALIZATION

Once you complete Step 2 - FODMAP reintroduction, you should understand which foods you tolerate and which trigger your IBS symptoms. The next step (Step 3 - FODMAP personalisation) involves bringing higher FODMAP foods into your diet that you tolerated well during Step 2, to establish a personalised FODMAP diet for the long term.

While it may be tempting to remain on the low FODMAP diet for symptom control, remaining on an overly restrictive diet long term can have negative nutritional, psychological and social consequences. Reintroducing tolerable FODMAPs increases variety in your diet, making your personalized FODMAP diet more flexible, nourishing and enjoyable to follow in the long run.

FRUCTAN CHALLENGE: ONION

	Food	Amount	Symptoms (circle)				Symptom description
Day 1 *moderate*	*Onion*	*1 tbsp*	none	mild	**moderate**	severe	*Bloating*
Day 2 *high*	*Onion*	*1½ tbsp*	none	mild	moderate	**severe**	*Pain and urgent diarrhea*
Day 3 *usual*	*Onion*	*2 tbsp*	none	**mild**	moderate	severe	*Stopped the challenge*

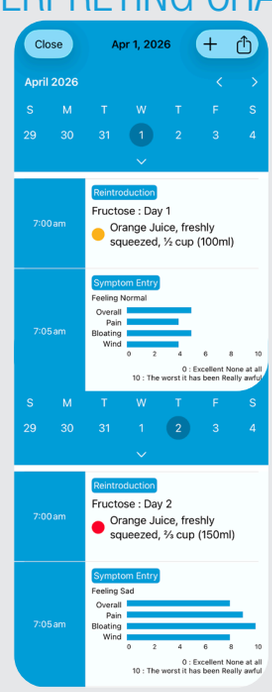
Dietitian's interpretation: Try testing onion over non-consecutive days or in very small amounts. For example, onion as a minor ingredient in a packaged food (pasta sauce). If symptoms continue, avoid onion for now and challenge using similar quantities in 3-6 months.

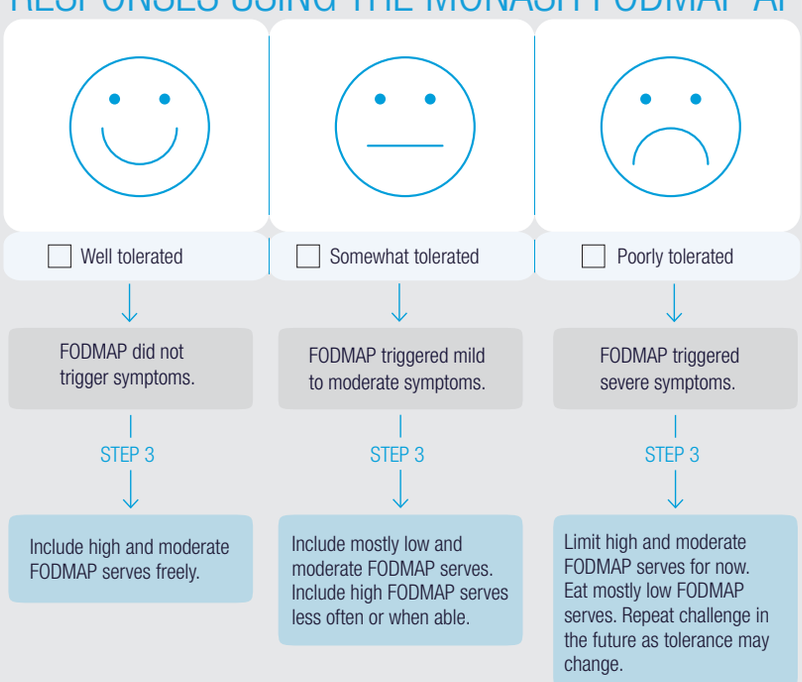
By now you should have...

- Completed Step 2 - FODMAP reintroduction
- Determined which FODMAPs you tolerated well, and which triggered your IBS symptoms. You can reflect on this using your the Diary section of the Monash FODMAP diet app or a paper diary where you might have recorded foods challenged and symptom response during Step 2 - FODMAP reintroduction.

Speak to a dietitian and refer to our "A Guide to Reintroduction Using the Monash University FODMAP Diet App" if you are unsure of how to complete the Reintroduction step.

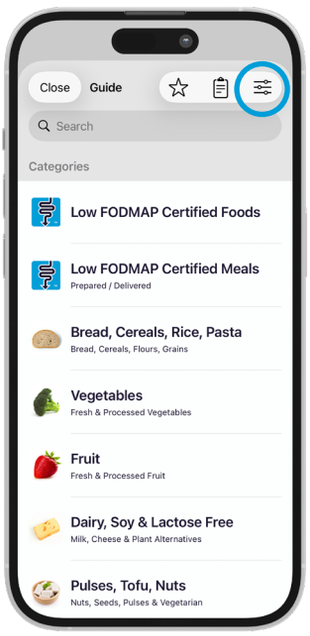
INTERPRETING CHALLENGE RESPONSES USING THE MONASH FODMAP APP



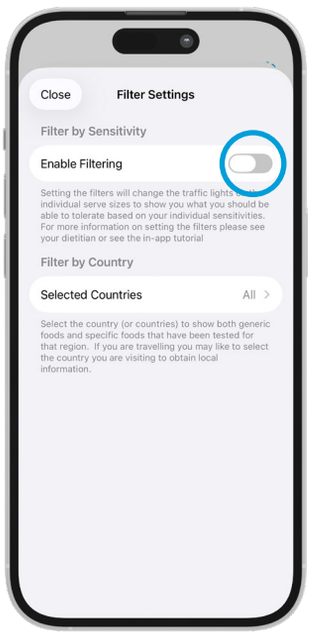


SETTING FILTERS USING THE MONASH FODMAP APP

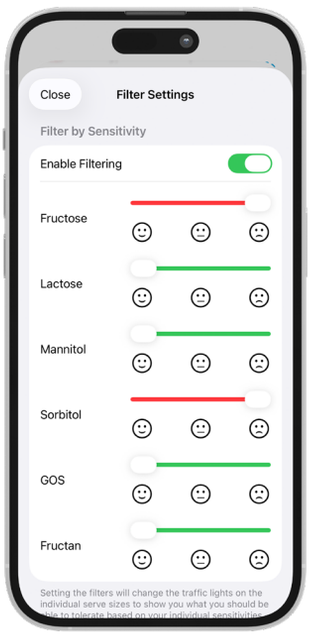
When filters are enabled in the Monash FODMAP app, you can adjust the slider next to each FODMAP to indicate how well you tolerated each FODMAP challenge. The Food Guide then changes and a green or red traffic light is displayed next to each serving size to indicate which FODMAPs you can and cannot tolerate, based on your individual FODMAP sensitivities.



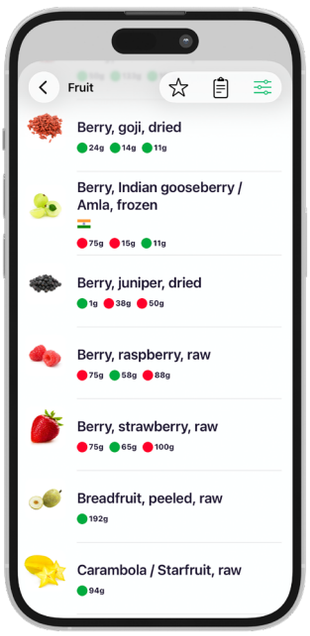
Step 1: In the Food Guide, select the "Filters" function (three sliding bars).



Step 2: Enable the filters.



Step 3: Slide filters according to your tolerance to individual FODMAPs.



Step 4: A green or red traffic light is now displayed for serving sizes that you can or cannot tolerate.

USEFUL REMINDERS DURING PERSONALIZATION

- **Some symptoms are normal.** A small amount of bloating or flatulence is a normal part of a healthy bowel. A FODMAP diet should reduce symptoms, but not eliminate them.
- **Stress can also exacerbate IBS symptoms.** Non-diet approaches targeting stress or anxiety may be considered (e.g. light exercise, yoga, gut-directed hypnotherapy) if psychological factors are associated with your symptoms.
- **FODMAP tolerance can change over time.** Repeating FODMAP challenges of poorly tolerated FODMAPs may be necessary.
- **If your IBS flares**, you may need to follow a lower FODMAP diet for a short time. Once your symptoms settle you can return to your personalized FODMAP diet. **Non-diet strategies** may also be helpful during a symptom flare, such as probiotics, fibre supplements, herbal therapies (e.g. Iberogast and peppermint oil capsules), heat packs, and psychological therapies (e.g. gut-directed hypnotherapy, stress management).
- **The Australian Guide to Healthy Eating** is a useful guide to understand how you can establish a healthy diet. It also provides information on the serve sizes of each food group.
- Personalization is an opportunity to **maximize your prebiotic** (nutrients for your gut bacteria) **intake**. Below are some prebiotic-rich foods that have a "green" serving size in the Monash FODMAP app:

Fruits	Firm banana, kiwi fruit, pomegranate
Vegetables	Savoy cabbage, Japanese pumpkin, corn, cassava, taro, cooked and cooled potato
Whole grains	Oats, buckwheat kernels, gluten free wholegrain/wholemeal bread, cooked and cooled pasta and rice
Nuts, seeds & legumes	Canned chickpeas, almonds, lentils, butter beans, mung beans, lima beans

Speak to an experienced, registered dietitian for individualized advice on implementing a nutritionally adequate 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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