

TRADITIONAL FODMAP REINTRODUCTION PLAN

DAY 1

RECHALLENGE
DAY #1

SMALL FODMAP
PORTION

Little to no symptoms: Proceed to next day.

Severe symptoms: Do not proceed. Wait until symptoms clear and try different food, or begin new FODMAP group after washout.

DAY 2

RECHALLENGE
DAY #2

MEDIUM FODMAP
PORTION

Little to no symptoms: Proceed to next day.

Severe symptoms: Do not proceed. Wait until symptoms clear and start with different food, or begin new FODMAP group after washout.

DAY 3

RECHALLENGE
DAY #3

LARGE FODMAP
PORTION

Little to no symptoms: You have successfully reintroduced this FODMAP group.

Severe symptoms: Wait until symptoms clear and try again. Or record results and proceed to washout.

DAY 4

WASHOUT
PERIOD

Continue a strict low FODMAP diet.

Do not include any reintroduced FODMAP group, even if the rechallenge was successful.

DAY 5

WASHOUT
PERIOD

Continue a strict low FODMAP diet.

Do not include any reintroduced FODMAP group, even if the rechallenge was successful.

DAY 6

WASHOUT
PERIOD

Continue a strict low FODMAP diet.

Do not include any reintroduced FODMAP group, even if the rechallenge was successful.

DAY 7

WASHOUT
PERIOD OR
START NEW
RECHALLENGE

If you have been symptom-free for at least three previous days then you can begin a new FODMAP group rechallenge when it suits you.