

DIET vs DISEASE

FOOD AND SYMPTOM DIARY

FODMAP group to rechallenge:

Food to use for rechallenge:

Rechallenge schedule used:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Date								
Dose								
Symptoms that occurred 4-24hrs after the rechallenge. Rate your symptoms out of 10.								
Constipation								
Diarrhoea								
Bloating								
Cramping								
Pain								
Wind								
Overall								

Reminders:

- Symptoms that occur less than 4 hrs after a rechallenge is likely not a FODMAP reaction. FODMAPs must travel through your long digestive tract and into the gut (large intestine) where they ferment and cause symptoms.
- Continue the challenge if you only experience mild symptoms.
- Stop your challenge if you experience moderate or severe symptoms and proceed to a 3-day wash out period

NOTES:

