

# LOW FODMAP DIET: CLINICAL PROTOCOL

## PHASE 01

### Elimination

*2 - 6 Weeks*

Strict substitution of high FODMAP foods with low FODMAP alternatives to achieve symptom relief.

## PHASE 02

### Reintroduction

*6 - 8 Weeks*

Systematic testing of specific FODMAP groups to identify individual triggers and thresholds.

## PHASE 03

### Personalization

*Long-term*

Integration of well-tolerated foods back into a diverse, sustainable maintenance diet.

<b>Food Category</b>	<b>Low FODMAP (Enjoy)</b>	<b>High FODMAP (Avoid)</b>
<b>Vegetables</b>	Carrots, Eggplant, Green Beans, Spinach, Zucchini, Potato	Garlic, Onions, Artichokes, Cauliflower, Mushrooms
<b>Fruits</b>	Banana (unripe), Blueberry, Kiwi, Orange, Strawberry	Apples, Mango, Pears, Watermelon, Dried Fruit
<b>Proteins</b>	Beef, Chicken, Eggs, Tofu (firm), Tempeh	Marinated meats, Sausages, Most Beans/Lentils

<b>Food Category</b>	<b>Low FODMAP (Enjoy)</b>	<b>High FODMAP (Avoid)</b>
<b>Dairy &amp; Alt</b>	Lactose-free milk, Almond milk, Hard cheeses (Cheddar)	Cow's milk, Soy milk (from beans), Soft cheeses (Ricotta)
<b>Grains</b>	Rice, Quinoa, Oats, Gluten-free bread/pasta	Wheat-based bread, Barley, Rye, Couscous

Note: This guide is for educational purposes. Consult a registered dietitian before starting a restrictive diet.