

LOW FODMAP PROTOCOL: CLINICAL LOGIC CHART

PHASE 01

Elimination

Duration: 2-6 Weeks

- Substitute high FODMAP foods with low alternatives.
- Objective: Achieve significant symptom reduction.
- Strict adherence to "Green" list serves as the baseline.

PHASE 02

Reintroduction

Duration: 6-8 Weeks

- Systematic testing of specific FODMAP groups.
- 3-day escalation process per carbohydrate group.
- Identify specific triggers and threshold levels.

PHASE 03

Personalization

Duration: Long Term

- Reintroduce well-tolerated foods to the daily diet.
- Limit only problematic groups at personal thresholds.
- Focus on microbiome diversity and gut health.

Testing Protocol Logic

SCENARIO	OBSERVATION	ACTION REQUIRED
Challenge Success	No symptoms after 3 days of increasing doses.	Group is safe. Return to baseline for 3 days, then test next group.

SCENARIO	OBSERVATION	ACTION REQUIRED
Challenge Failure	Symptoms occur at any dose level.	Stop immediately. Return to Phase 1 until asymptomatic. Note dose threshold.
Inconclusive	Mild or non-digestive symptoms.	Wait 1 week and re-test with a different representative food from same group.

This chart is for educational purposes only. Consult a registered dietitian for medical nutritional therapy.