

LOW FODMAP PHASE PLANNER

Patient Name: _____

Start Date: _____

PHASE 1: ELIMINATION

Duration: 2-6 Weeks

Swap high FODMAP foods for low FODMAP alternatives.

- Identify trigger groups
- Clear pantry of high FODMAPs
- Track daily symptoms
- Maintain nutritional balance

PHASE 2: REINTRODUCTION

Duration: 6-8 Weeks

Systematic challenges to identify specific triggers.

- Test Fructose (Honey)
- Test Lactose (Milk)
- Test Sorbitol (Apricots)
- Test Mannitol (Cauliflower)
- Test GOS/Fructans

PHASE 3: PERSONALIZATION

Duration: Ongoing

Expand diet to include tolerated foods.

- Re-establish variety
- Identify threshold limits
- Focus on prebiotic fiber
- Periodic re-testing

Additional Clinician Notes / Symptom Tracking: