

IBS LOW FODMAP DIET PROGRESSION

Phase-by-Phase Roadmap for Symptom Management

1. Elimination

Strictly swap high FODMAP foods for low FODMAP alternatives to identify symptom baseline.

Duration: 2 - 6 Weeks

2. Reintroduction

Systematic "challenges" to identify specific food triggers and tolerance thresholds.

Duration: 6 - 8 Weeks

3. Personalization

Long-term maintenance. Integrating tolerated foods back into a diverse, balanced diet.

Duration: Ongoing

FODMAP GROUP	CHALLENGE FOOD (EXAMPLE)	REINTRODUCTION DAY 1	REINTRODUCTION DAY 2	REINTRODUCTION DAY 3
Fructose	Honey / Mango	1 tsp / 1/4 Cup	2 tsp / 1/2 Cup	1 tbsp / 1 Cup
Lactose	Milk / Yogurt	1/4 Cup	1/2 Cup	1 Cup
Sorbitol	Apricot / Avocado	1/4 Fruit	1/2 Fruit	1 Whole Fruit
Mannitol	Sweet Potato	1/4 Cup	1/2 Cup	3/4 Cup
GOS / Fructans	Garlic / Onion	1/4 Clove	1/2 Clove	1 Whole Clove

Clinical Guidelines:

- Only progress to Phase 2 once symptoms have significantly improved in Phase 1.
- Wait 2-3 days between different group challenges (Washout Period).
- If a reaction occurs, stop the challenge and wait for symptoms to resolve before testing the next group.
- Consult with a registered dietitian before starting the elimination phase.