

# FODMAP REINTRODUCTION TESTING LOG

FODMAP Group: \_\_\_\_\_

Test Food: \_\_\_\_\_

Start Date: \_\_\_\_\_

DAY	TESTED AMOUNT	SYMPTOMS & SEVERITY (1-10)	NOTES (BLOATING, PAIN, ENERGY)
<b>Day 1</b>	Small Portion: (e.g., 1/4 cup)	NoneSevere	
<b>Day 2</b>	Moderate Portion: (e.g., 1/2 cup)	NoneSevere	
<b>Day 3</b>	Large Portion: (e.g., 1 cup)	NoneSevere	
<b>Washout</b>	No Test Food		Recovery period (2-3 days)

**Final Result / Tolerance Level:**