

LOW FODMAP DIET PROTOCOL

Clinical Implementation Strategy

PHASE 01 Elimination

Duration: 2-6 Weeks

Objective: Symptom reduction by replacing high FODMAP foods with low alternatives.

PHASE 02 Reintroduction

Duration: 6-8 Weeks

Objective: Systematic testing of specific FODMAP groups to identify triggers.

PHASE 03 Personalization

Duration: Long-term

Objective: Maintenance of a diverse diet avoiding only personal triggers.

Vegetables	Carrots, Cucumber, Eggplant, Spinach, Potato, Zucchini	Garlic, Onions, Asparagus, Cauliflower, Mushrooms
Fruits	Blueberries, Kiwi, Mandarin, Pineapple, Strawberry	Apples, Mango, Pears, Watermelon, Dried Fruit
Proteins	Eggs, Firm Tofu, Tempeh, Fresh Meat/Poultry/Fish	Marinated meats, Legumes, Processed Meats with Garlic
Dairy / Alts	Lactose-free milk, Almond milk, Hard cheeses (Cheddar)	Cow's milk, Soy milk (from beans), Soft cheeses (Ricotta)

Grains

Rice, Quinoa, Oats, Gluten-free
bread, Corn

Wheat-based bread, Pasta,
Couscous, Barley, Rye

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