

STANDARDIZED LOW FODMAP DIET PHASES

1. Elimination

2 - 6 Weeks

Strictly swap high FODMAP foods for low FODMAP alternatives to achieve symptom relief.

2. Reintroduction

6 - 8 Weeks

Systematic testing of specific FODMAP groups to identify personal triggers and thresholds.

3. Personalization

Long Term

Re-establishing a diverse diet by only restricting the specific foods that cause symptoms.

Category	Low FODMAP (Enjoy)	High FODMAP (Avoid)
Vegetables	Carrots, Cucumber, Eggplant, Spinach, Zucchini, Potato	Garlic, Onions, Asparagus, Cauliflower, Mushrooms
Fruits	Banana (unripe), Blueberry, Kiwi, Orange, Strawberry	Apples, Mango, Pears, Watermelon, Dried Fruit
Proteins	Eggs, Firm Tofu, Plain Meat/Poultry/Fish, Tempeh	Marinated meats, Silken Tofu, Large servings of Beans/Lentils
Dairy / Alts	Lactose-free milk, Almond milk, Hard cheeses (Cheddar, Parmesan)	Cow's milk, Soy milk (from beans), Yogurt, Soft cheeses (Ricotta)
Grains	Rice, Quinoa, Oats, Gluten-free bread/pasta	Wheat, Rye, Barley (Bread, Pasta, Couscous)

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