

LOW FODMAP PROTOCOL GUIDE

PHASE 01

Elimination

Duration 2 - 6 Weeks

Objective Replace high FODMAP foods with low FODMAP alternatives to achieve symptom relief.

- Strict adherence to low FODMAP food list
- Monitor symptom changes daily
- Focus on whole, unprocessed ingredients

PHASE 02

Reintroduction (Challenging)

Duration 6 - 8 Weeks

Objective Systematically test specific FODMAP groups to identify personal triggers.

- Introduce one FODMAP group at a time (e.g., Lactose)
- Test for 3 days with increasing doses
- 3-day "washout" period between different tests

PHASE 03

Personalization

Duration Ongoing / Lifelong

Objective Establish a long-term, diverse diet that avoids only your specific triggers.

- Reintroduce well-tolerated foods into daily diet
- Maintain gut microbiome diversity
- Periodically re-test failed foods every 6-12 months

This document is a general template. Consult with a registered dietitian before starting a restrictive diet.