

LOW FODMAP DIET SUMMARY

A systematic approach to identifying digestive triggers

2 - 6 WEEKS

1. Elimination

Goal: Achieve symptom relief by removing high FODMAP triggers.

- Replace high FODMAP foods with low alternatives.
- Strict adherence is required for accurate baseline.
- Focus on berries, citrus, leafy greens, proteins, and rice.

6 - 8 WEEKS

2. Reintroduction

Goal: Determine specific sensitivities and tolerance levels.

- Systematically test one FODMAP group at a time (e.g., Lactose).
- Test 3 days with increasing amounts.
- Maintain low FODMAP baseline between tests.

LONG TERM

3. Personalization

Goal: Create a sustainable, least-restrictive lifestyle.

- Reintroduce well-tolerated foods into daily diet.
- Limit only the specific FODMAPs that caused reactions.
- Periodically re-test failed foods to check for changes.

This document is for educational purposes only. Consult a registered dietitian before beginning.