

FODMAP REINTRODUCTION

You will now follow a FODMAP reintroduction process to determine your personal threshold of tolerance to the individual foods.

Each food must be trialed individually for **3 consecutive days** in **increasing amounts**.

Day 1: Start with ½ of **your** normal daily portion of that food

Day 2: **Your** normal portion of that food

Day 3: 1½ times **your** normal portion of that food

After Day 3, even if well tolerated, this food must then be **removed** from the diet **before** moving on to test the next food. This methodical process will prevent confusion in the results, for example: if you keep one FODMAP in the diet while introducing another and you end up with symptoms then you won't know if the effect was simply due to that one FODMAP or the combination effect of having two FODMAPs in the diet at the same time. **Hence you remain on the strict FODMAP diet throughout this reintroduction process.**

If you suffer symptoms with a particular food then stop, make a note, remove the food and wait for symptoms to pass before moving on to test the next food. This process will allow you to determine your personal threshold of tolerance to the individual FODMAP foods.

Generally, we suggest choosing your top 10-12 foods. You can then work your way through this list methodically. This should take 4-6 weeks during which you will remain on the strict FODMAP diet.

To avoid getting confusing results, ensure that you do **not** alter any other factors when following the FODMAP reintroduction process e.g. don't alter your lifestyle, medications, caffeine, alcohol etc. If possible avoid the FODMAP reintroduction process:

- a) When away from your home/regular environment
- b) When FODMAP foods are not readily available e.g. when on holiday abroad
- c) When stress levels of unusually high

You may find this book helpful by specialist dietitian, Lee Martin. It can be ordered on-line or via your local book shop: **Re-challenging and Reintroducing FODMAPs: A self-help guide to the entire reintroduction phase of the low FODMAP diet.** ISBN: 9781530030941

After you have finished the reintroduction process:

1. Remember, in the long term that even if you tolerate most foods well on an individual basis, symptoms may still occur if you have **too many** different FODMAPs in a short space of time e.g. at one meal or over 1-2 days.
2. If your symptoms deteriorate in the future e.g. in 1-2 years' time, then you can always revisit the diet for a 2 week period to re-stabilise your symptoms.
3. If you find this process very difficult then please feel free to fill in the 'Self Referral Form' for an appointment with a dietitian. This form can be downloaded from the webinar.