

FODMAP REINTRODUCTION

You will now follow a FODMAP reintroduction process to determine your personal threshold of tolerance to the individual foods. Long term use of the FODMAP diet is not recommended – whilst the diet is highly successful in the short term, it can have a negative effect on the gut bacteria if undertaken strictly for too long. However, after completing the reintroduction process, it is totally acceptable to end up with an ‘adapted’ FODMAP diet where you have reintroduced some FODMAPs on a regular basis and kept to a minimum those that cause problems.

The Process

Each food must be trialed individually for **3 consecutive days** in **increasing amounts**. Generally, we suggest choosing your top 10-14 foods. You can then work your way through this list methodically.

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

Make a clear note of the outcome for each food, and if you suffer symptoms then remove the food and note on which of the 3 days the symptoms started so that you can refer to it at the end of the reintroduction process. You can always re-try a problematic food at a later date. Wait until symptoms pass before moving on to test the next food.

If you get no symptoms after day 3, you can move directly to testing the next food, but remember that each food must be **removed** from the diet **before** moving on to test the next food.

This methodical process will allow you to determine your personal threshold of tolerance to the individual FODMAP foods and 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 and the whole process should take around 6 to 10 weeks.**

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 be 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

Additionally, you will find a **Low FODMAP Diet Reintroduction** webinar on the NHS website www.patientwebinars.co.uk. Simply visit the webinars on the IBS section on the website. This is free to use.

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 website www.patientwebinars.co.uk under the IBS section.