

Eating High FODMAP Foods Again

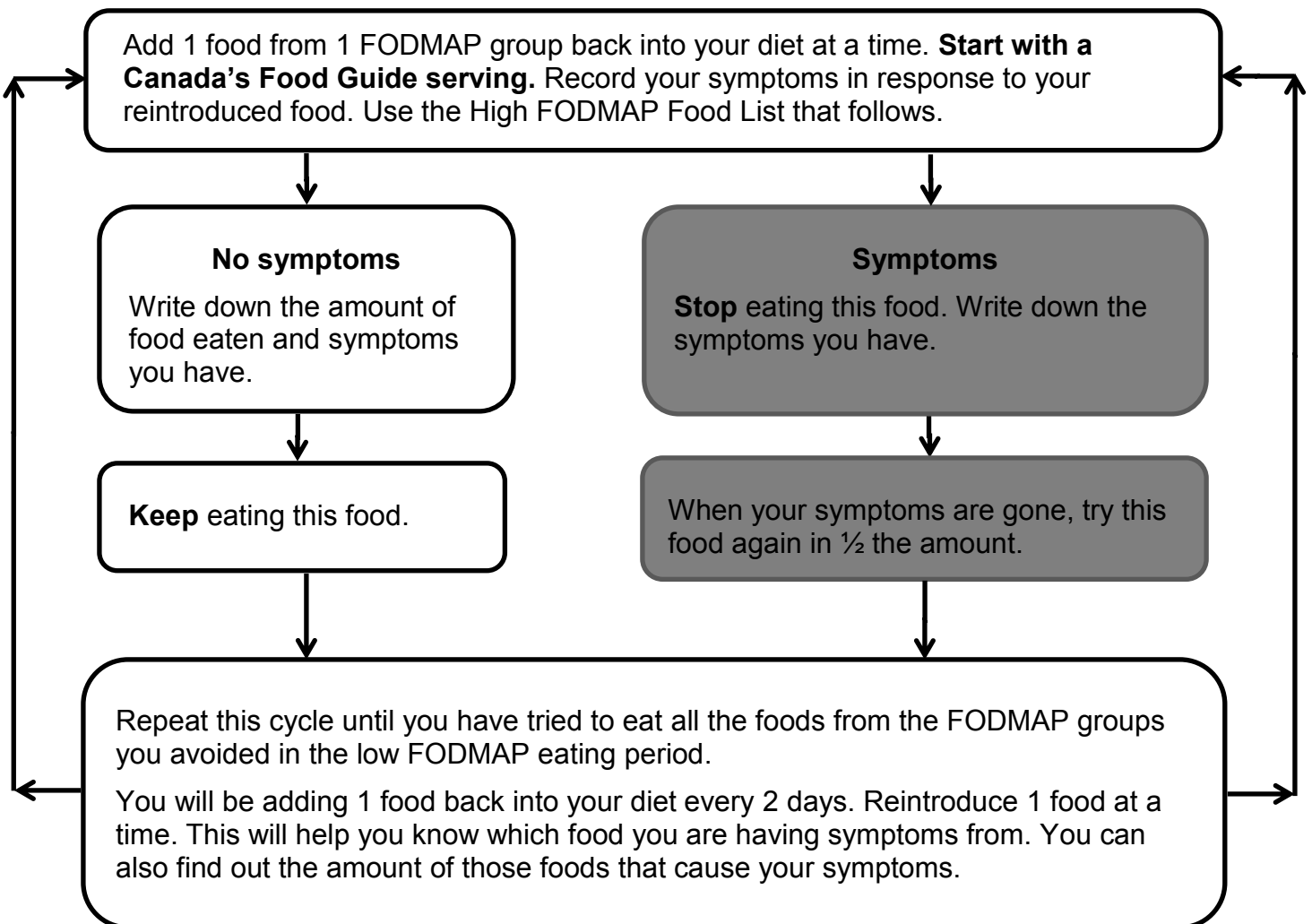
If you have stopped eating foods that contain FODMAPs (fermentable, oligosaccharide, disaccharide, monosaccharide and polyol) for 2–8 weeks and your symptoms are better, you can slowly start eating (reintroduce) foods that have FODMAPs.

Many foods that contain FODMAPs are sources of energy, vitamins, minerals, and fibre. For these reasons it is important to know which foods you can eat without having symptoms.

How do I start eating high FODMAP foods again?

Follow the FODMAP reintroduction cycle below to slowly start eating FODMAP foods again. Your registered dietitian can help you do this.






FODMAP reintroduction cycle



Tips for success

- Avoid caffeine, alcohol, or any other food/drink, that causes you symptoms during reintroduction of FODMAPs.
- **Choose only 1 FODMAP group to start eating at a time.** Continue eating foods low in all remaining FODMAP groups, except for the 1 FODMAP group you are challenging.
- Try the FODMAP group that contains the food you miss the most. It doesn't matter which order you add the foods back.
- Try to choose a food that contains only 1 type of FODMAP.

Suggested foods to try from each FODMAP group

FODMAP group	Food
Fructose	Grapes or mangos 
Lactose	Milk or yogurt 
Polyols	Cherries or mushrooms 
Oligosaccharides (Fructans/FOS)	Wheat bread or onion 
Oligosaccharides (GOS)	Red kidney beans 

- If you have symptoms, record them in your food and symptom diary and stop eating the food.
- When you are symptom free again, reduce the amount of the food you tried eating by ½ and try it again.
- If you don't have symptoms, try the same amount again to make sure that it can be tolerated. Write down in your food diary the amount of foods you are trying and if you are having symptoms.
- Eat the food you are trying again 2 or more times a week.
- You may also decide to try another food from the same FODMAP group along with the food you tolerated (e.g. fructans: try whole wheat pasta and garlic together).
- Your symptoms may change over time. Talk with your dietitian about when you should try eating the foods you had symptoms with again.

Notes:

High FODMAP food list

High FODMAP Grain Products	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Barley, pearl, cooked	x	x			
Bread, rye	x	x	x		
Bread, rye, dark	x	x			
Bread, wheat, multigrain	x	x			
Couscous	x				
Bread, wheat, whole grain	x		x		
Granola Bar, muesli-based with fruit	x				
Muesli, gluten-free, wheat-free	x			x	
Pasta, wheat	x				

High FODMAP fruits	Oligosaccharide	Excess fructose	Polyols	
	Fructans		Sorbitol	Mannitol
Apple, with skin		x	x	
Apple juice		x	x	
Applesauce, sweetened		x	unknown	
Apricots	x		x	
Avocado			x	
Blackberries			x	
Cherries			x	
Grapefruit	x			
Grapes		x		
Grape juice		x		
Longan			x	
Lychees			x	
Mangos		x		
Nectarines	x		x	
Peaches (white, yellow)	x		x	
Pears		x	x	
Persimmons	x			
Pomegranate juice		x		
Plums	x		x	
Prunes			x	
Rambutans	x			
Watermelon	x	x		x

High FODMAP vegetables	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Artichoke, globe	x				
Artichoke, jerusalem	x		x		
Artichoke, heart, canned			x		
Cauliflower					x
Garlic and garlic powder	x				
Leeks	x				
Mushrooms, raw	x				x
Onion and onion powder	x				
Shallots	x				
Snow peas	x	x			x
Sweet potato					x

High FODMAP milk products	Oligosaccharides		Excess fructose	Polyols		Lactose
	Fructans	GOS		Sorbitol	Mannitol	
Buttermilk						x
Cheese, hard, (mozzarella, cheddar)						x
Cheese, cottage, 2% and 4.5% MF						x
Cheese, cottage, dry, non-fat 0.4% MF						x
Kefir						x
Milk, evaporated						x
Milk, cow						x
Milk, cow, skim, chocolate						x
Sour cream						x
Yogurt						x

High FODMAP beans, lentils, and nuts	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Black beans, boiled	x	x			
Cashews		x			
Lentils, red and green, boiled	x	x			
Lima beans, boiled	x	x			
Mung beans, boiled	x	x			
Pistachios	x	x			
Red kidney beans, boiled	x	x			
Soy beans, boiled	x	x			
Split peas, boiled	x	x			

Other high FODMAP foods	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Canned pasta, meatballs, and tomato sauce			x		
Carbonated soft drinks made with glucose-fructose (cola, lemon- lime, ginger ale)			x		
Granola bar, fruit filled			x		
Horseradish sauce (wasabi)				x	
Lemonade, frozen and concentrated			x		
Sugar alcohol based sugar substitutes				x	
Sugar-free frozen ice cream				x	
Sugar-free gum				x	
Sugar-free syrup				x	

High FODMAP sweeteners	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Agave dried or syrup			x		
Honey			x		

High FODMAP fibre supplements	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Inulin (chicory root)	x				
Nutrition supplements with fructo-oligosaccharides	x				