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Get Healthy – and Get Back to Your Life

Low-FODMAP Reintroduction Guidelines

Created by Dr. Ruscio and Heidi Turner MS, RDN <http://www.foodlogic.org/>

We recommend taking 3 days to test any given FODMAP food:

Day 1:

Eat 1/2 serving of a high FODMAP food with one meal

If this is not tolerated, then remove food from the diet and move on to the next food once symptoms have abated.

Day 2:

If the first serving is tolerated, then increase to a single full serving with one meal

If this is not tolerated, you can either see if smaller portion sizes are better tolerated with this food, or remove it completely from the diet.

Day 3:

If a full serving size is tolerated, you can then eat another full serving the third day.

If symptoms have not returned, you can safely return the food to the diet.

Day 4:

Move on to the next food.

Additional Notes:

An alternative, potentially easier approach may be to use the Monash University Low FODMAP App. The app rates foods "green" "amber" and "red", representing low, moderate, and high FODMAP content. To use this app as a guide for reintroductions, try gradually increasing the intake of "amber" foods and assess your tolerance. Subsequently, you can increase intake of "red" foods as tolerated to gradually increase total FODMAP intake. The Monash app is available for [iPhone](#) and [Android](#).

- Start with the foods you miss the most
- Consider holding on garlic and onion for a bit as these are typically the most problematic.
- You don't typically need to divide into groups (polyols, fructans, etc.) because you typically don't see reactivity to the whole group, rather to an individual food.
- Foods that elicit a reaction can be consumed on occasion, just do your best to generally avoid them. The greater the reaction the greater the avoidance.
- Keep in mind that a certain degree of symptoms is normal (e.g. some gas or bloating after a large meal is common) and you may find symptoms worsen in times of stress. Symptoms and tolerance can also change over time.