

Remember...

Test one FODMAP group at a time

Keep avoiding the other FODMAPs

Test with foods that contain only that one FODMAP

Eat a "normal" amount of the test food (don't over do it)

Try to test on 3 days during the week

Use the same test food each of the 3 days, but increase amounts by half (for example ½ cup to 1 cup to 1½ cups)

Track your symptoms every day during the challenge week (not just challenge days)

Challenge Week	What to eat on challenge days
1. Lactose	½ cup of milk or ¾ cup plain yogurt (without high fructose corn syrup or other FODMAPS)
2. Fructose	½ mango or 1 to 2 teaspoons of honey
3. Polyols - Sorbitol	2 dried apricots or 1 nectarine
4. Polyols - Mannitol	½ cup mushrooms or 1/3 cup cauliflower
5. Fructans - wheat	1-2 slices white sourdough bread or 2 sliced of whole wheat bread or 1 cup cooked pasta
6. Fructans - Onion	1 tablespoon diced onion
7. Fructans - Garlic	1 clove of garlic
8. GOS	½ cup kidney beans, lima beans, or soybeans

