

FODMAP reintroduction planner

Eight challenges, one group at a time. This is the phase the diet was designed to end in, and the phase most people never reach.

The shape of every challenge

DAYS	WHAT YOU DO	WHY
1 to 3	Eat the test food on three consecutive days, increasing the portion each day. Small, then moderate, then larger. Everything else stays low FODMAP.	Escalation finds your threshold rather than a yes or no. Most reactions are dose dependent.
4 to 8	Back to the full low FODMAP diet. Wait until symptoms have settled completely.	Washout. Without it the next challenge is contaminated by the last one.
Stop early	A clear, strong reaction on day one or two ends the challenge there.	You have your answer. Pushing through does not make the result more valid.

Two rules do most of the work. Keep the background diet low FODMAP throughout, including during washout, or you will not know what caused what. And change one thing at a time: one group, one test food, no other experiments running in parallel.

For exact challenge portions use the Monash University FODMAP app, which retests foods as its laboratory data is updated.

The eight challenges

GROUP	TEST WITH	WORTH KNOWING
Lactose	Milk, or plain yogurt	Easiest to interpret and the cheapest to fix. A fail does not mean giving up dairy: hard cheese and butter are very low in lactose.
Excess fructose	Honey, or mango	Test away from other sugars. Fructose is better tolerated when glucose is present in equal amounts.
Sorbitol	Apricot, or blackberries	Also hides in sugar-free gum, mints and some medicines.
Mannitol	Mushroom, or cauliflower	Tested separately from sorbitol. Tolerating one does not predict the other.
GOS	Chickpeas, or almonds	Symptoms are frequently delayed by 2 to 6 hours or longer.
Fructans: wheat	Bread, or pasta	Split the fructan challenges. People commonly tolerate one source and not another.
Fructans: onion	Onion, or spring onion bulb	Often the single biggest trigger. Hides in almost every stock and sauce.
Fructans: garlic	Garlic	Garlic-infused oil is usually tolerated, because fructans are water soluble and stay in the discarded solids.

Your results

One row per challenge. Fill in the dates as you go, and write the outcome only after the washout has finished.

GROUP	START DATE	DAY 1	DAY 2	DAY 3	WORST SYMPTOM	OUTCOME AND PORTION YOU TOLERATED
Lactose						
Excess fructose						
Sorbitol						
Mannitol						
GOS						
Fructans: wheat						
Fructans: onion						
Fructans: garlic						

How to read a result

WHAT HAPPENED	WHAT IT MEANS
Clear symptoms, escalating with dose	A real reaction. Note the portion at which it started; that is your threshold, not a lifetime ban.
Nothing across all three days	The group is very likely fine. Put the food back into your normal diet.
One bad day, nothing either side	Weak evidence. Symptoms fluctuate anyway. Retest after the other challenges rather than cutting the food.
Symptoms that never settled during washout	Something else is going on. Do not start the next challenge on top of it.

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This sheet is an educational aid, not a medical device, and it does not diagnose anything. FODMAP tolerance is dose dependent and individual, so a load rating is a starting point rather than a rule. If you have blood in your stool, unintended weight loss, difficulty swallowing, persistent vomiting or fever alongside gut symptoms, see a clinician rather than working through a diet sheet.