

Low-FODMAP diet food challenges

When you reach week five of the low-FODMAP diet, it's time to start introducing weekly food challenges.

	LACTOSE CHALLENGE
WEEK 5	<p>Throughout the day:</p> <p>Day 1 drink ½ cup (125ml) cow's milk</p> <p>Day 2 drink 1 cup (250ml) cow's milk</p> <p>Day 3 drink 1 ½ cups (375ml) cow's milk</p> <p>Note: Make sure you drink at least ½ cup of milk at one sitting.</p>

	FRUCTOSE CHALLENGE
WEEK 6	<p>Throughout the day:</p> <p>Day 1 eat ½ fresh mango or 3 teaspoons honey</p> <p>Day 2 eat 1 fresh mango or 6 teaspoons honey</p> <p>Day 3 eat 1½ fresh mangos or 9 teaspoons honey</p>

	SORBITOL CHALLENGE
WEEK 7	<p>Throughout the day:</p> <p>Day 1 eat 5 blackberries or ¼ avocado</p> <p>Day 2 eat 10 blackberries or ½ avocado</p> <p>Day 3 eat 15 blackberries or ¾ avocado</p> <p>Notes: You can use fresh or canned blackberries. Use blackberries canned in syrup and rinse them thoroughly with water before eating. Make sure you have at least ¼ avocado at one sitting.</p>

	MANNITOL CHALLENGE
WEEK 8	<p>Throughout the day:</p> <p>Day 1 eat ¼ cup cooked cauliflower</p> <p>Day 2 eat ½ cup cooked cauliflower</p> <p>Day 3 eat ¾ cup cooked cauliflower</p> <p>Note: Cauliflower can be mixed into any low-FODMAP meal.</p>

	FRUCTAN - BREAD CHALLENGE
WEEK 9	<p>Throughout the day:</p> <p>Day 1 eat 2 slices plain wholemeal (not wholegrain) bread</p> <p>Day 2 eat 4 slices plain wholemeal (not wholegrain) bread</p> <p>Day 3 eat 6 slices plain wholemeal (not wholegrain) bread</p> <p>Note: Spread your bread throughout the day, not all at one meal.</p>

	FRUCTAN - GARLIC CHALLENGE
WEEK 10	<p>Day 1 eat 1 clove cooked garlic</p> <p>Day 2 eat 2 cloves cooked garlic</p> <p>Day 3 eat 3 cloves cooked garlic</p> <p>Notes: Garlic can be mixed into any low-FODMAP meal.</p>

	FRUCTAN - ONION CHALLENGE
WEEK 11	<p>Day 1 eat 1 tablespoon cooked onion</p> <p>Day 2 eat 2 tablespoons cooked onion</p> <p>Day 3 eat 3 tablespoons cooked onion</p> <p>Notes: Onion can be mixed into any low-FODMAP meal.</p>

	GALACTO OLIGO SACCHARIDES (GOS) CHALLENGE
WEEK 12	<p>Day 1 eat 3 tablespoons canned butter beans</p> <p>Day 2 eat ½ cup cooked canned butter beans</p> <p>Day 3 eat 1 cup cooked canned butter beans</p> <p>Notes: Butter beans can be mixed into any low-FODMAP meal.</p>