

# healthyfood GUIDE

— PRESENTS —

## THE LOW FODMAP DIET *made easy!*

YOUR GUIDE TO MANAGING IBS  
BY GOING LOW FODMAP

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# INTRODUCTION

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# IRRITABLE BOWEL SYNDROME EXPLAINED

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## What is IBS?

Irritable bowel syndrome (IBS) is a functional gastrointestinal disorder. This means it causes changes in the function of the gut but doesn't have any features such as ulcers, inflammation, thickening of digestive tissues, lumps and bumps or abnormal blood tests - all of which would indicate a different condition.

The diagnosis of IBS relies on the types of symptoms experienced and their context such as how long they've been experienced and when they occur.

The symptoms of IBS can be similar to other conditions such as coeliac disease, inflammatory bowel disease (IBD), ulcers, ovarian cancer, bowel cancer and endometriosis. Before starting any treatment for IBS, it is critical to see your doctor and have other conditions ruled out.

## Symptoms of IBS

With IBS, you can experience a broad range of symptoms including abdominal pain and discomfort, bloating, changes in bowel habits (eg, constipation or diarrhoea), heartburn and nausea.

Other symptoms can include excessive wind, unsatisfied defecation (incomplete emptying), passage of slimy mucus into the toilet bowl, a noisy abdomen (the noises are called borborygmi) and pain in the rectum.

Tiredness is also common and its severity usually depends on that of the bowel symptoms. Severe muscle aches and pains (called fibromyalgia) occur in some people, while others experience an 'irritable bladder', with urinary frequency and urgency.

## Food triggers for IBS

You may have noticed that certain foods appear to trigger your symptoms. Identifying which foods are problematic for you is one of the key things this toolkit will help you with.

We will guide you through the three stages of the low-FODMAP diet, a diet which scientific studies have shown can significantly relieve IBS symptoms for many sufferers.

Alongside the low-FODMAP diet, other things that may help improve your symptoms include avoiding poor eating habits such as stress-filled meals, always eating on the run, overdoing coffee, not having enough water, eating too little fibre, or suddenly changing to a diet full of fibre.



# WHAT ARE FODMAPS?

FODMAPs are part of the carbohydrates food group. They're the favourite food for bacteria that live naturally in the digestive system.

## **FODMAP stands for:**

**F**ermentable - eaten by bacteria to produce gases and heat

**O**ligosaccharides - complex carbohydrates (fibres)

**D**isaccharides - milk sugars

**M**onosaccharides - simple sugars

**And**

**P**olyols - another food bacteria like.

Foods high in FODMAP carbohydrates can cause the bowel to swell by drawing in more fluid and producing excess gas when they are fermented by the bacteria found in the digestive system. This causes the symptoms of bloating, abdominal pain and change in bowel habits.

## **How can a low-FODMAP diet help me?**

Dietitians with expertise in gastrointestinal nutrition and many doctors now recommend a low-FODMAP diet as a cornerstone of their treatment for people with IBS. Studies show around 70 per cent of people with IBS had fewer symptoms on a low-FODMAP diet, including bloating and abdominal pain. Stool consistency and frequency was also improved. One study also provided more evidence of the effect on gut bacteria, with the low-FODMAP diet increasing the richness and diversity of one particular type of bacteria. Another study, which followed people over 18 months, found most had successfully reintroduced FODMAP foods.

## **You might benefit from a low-FODMAP diet if you have:**

- been diagnosed with IBS by your doctor
- symptoms of IBS and no other medical cause has been found
- been diagnosed with bacterial overgrowth (SIBO).

Always make sure you've seen your doctor before starting a low-FODMAP diet. Why? The low-FODMAP diet is very low in gluten. As symptoms of IBS are very similar to coeliac disease (an autoimmune condition causing a gluten allergy), it's important to get tested for coeliac disease before reducing gluten in your diet. There also may be other

reasons for your symptoms that your doctor needs to check for.

## **What can I expect from a low-FODMAP diet?**

There are three stages to the low-FODMAP diet: elimination, food challenges and food reintroduction/personalisation. It takes around 12 weeks from starting the low-FODMAP diet to identifying your food triggers and then to start reintroducing safe foods.

The low-FODMAP diet is not a diet for life. The aim is to get back to a healthy, balanced Mediterranean-style diet, which has been shown to be good for all aspects of health, including healthy gut bacteria.

## **IMPORTANT NOTE AND DISCLAIMER:**

- Trialling the low-FODMAP diet as outlined in this resource is only recommended for people who have been diagnosed with Irritable Bowel Syndrome or who have been recommended the diet by a qualified health professional
- It is recommended that the low-FODMAP diet be undertaken with the supervision of your doctor or relevantly qualified dietitian
- All reasonable endeavours are made to ensure the accuracy and veracity of the content and advice herein, but neither *Healthy Food Guide* nor its publisher is responsible for damage or harm, of whatever description, resulting from persons undertaking advice or consuming any product mentioned herein. Information provided in this toolkit does not replace advice & information given to you by medical professionals.



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GUIDE

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# STAGE 1 ELIMINATION

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# Weeks 1~4 ELIMINATION

## STAGE

### 1

#### Elimination

The aim of the elimination phase is to reduce the total number of all FODMAPs in your diet and give your digestive system some rest. Use the lists on the following pages to see which foods to eliminate.

By the end of this stage, you should know whether FODMAP foods trigger your symptoms or not.

Of those following a low-FODMAP diet for IBS, 75-80 per cent of people find they have at least 70 per cent improvement in their symptoms after the elimination stage.



Teriyaki chicken stir-fry, page 11

**On the following pages are lists of foods to enjoy and which to avoid over the next four weeks, as well as a useful meal plan and recipes**

### Stage 1: Elimination FAQs

#### How much fruit can I eat at a time?

You should eat no more than one serve of 'suitable' fruit per meal or sitting. One serve is usually 1 metric cup of cut-up fruit, or one whole piece of fruit, such as one orange or banana. Try to have 2-3 serves of fruit each day, spread throughout the day.

#### How do I avoid FODMAPs if I'm a vegetarian or vegan?

Vegetarians often eat a lot of legumes as an important source of protein. However, these contain FODMAPs. As there is a risk that your vegetarian

or vegan diet will become nutritionally inadequate if you cut out legumes, it's advisable to see a dietitian to tailor the diet for you. The best approach will depend on your individual tolerance. Good news, though, firm tofu is low in FODMAPs, so can be included as a protein source.

#### I've followed the low-FODMAP eating plan for four weeks and I feel no different. What do I do?

About three-quarters of people will have about 75 per cent or more improvement in their symptoms within

four weeks of being on a low-FODMAP eating plan. However, some people need a bit longer. This may happen if you have more severe symptoms, your symptoms have been going on for a very long time (decades rather than years) or high-FODMAP foods have been creeping into your diet.

There may be other food intolerances or food triggers (or non-food triggers) that need to be looked at. If this describes you, it's time to book an appointment with a specialist dietitian to get an individual opinion.

**IMPORTANT NOTE** Before you get started on this diet, it's crucial to speak with your doctor. There are many conditions that have similar symptoms to IBS. There may be other reasons, including medication interactions, that mean changing your diet may be best supervised by a specialist dietitian or doctor. The information produced here is for education only and is not intended as medical advice or diagnosis.

# FODMAP foods

What foods to enjoy and what to avoid when on a low-FODMAP elimination diet.

	ENJOY	AVOID		ENJOY	AVOID
<b>FRUIT</b>	<p><b>avocado</b>, ½ or less</p> <p>banana, fresh or 30g dried (not too ripe)</p> <p><b>coconut, fresh</b>, ½ cup or less</p> <p>coconut, dried, ¼ cup or less</p> <p><b>cranberries, dried</b>, 1 tablespoon or less</p> <p>durian fruit</p> <p><b>grapes</b></p> <p>kiwifruit, gold or green</p> <p><b>lemon</b></p> <p>longon, 5 or less</p> <p><b>lime</b></p> <p>mandarin</p> <p><b>orange</b></p> <p>passionfruit</p> <p><b>papaya/pawpaw</b> (up to 140g)</p> <p>pineapple</p> <p><b>passionfruit</b></p> <p>pomegranate, ¼ cup or less of seeds or ½ small or less</p> <p><b>rhubarb</b></p> <p>rock melon</p> <p><b>star fruit</b></p> <p>strawberries</p> <p><b>tangelo</b></p>	<p><b>apples</b></p> <p>apricots</p> <p><b>blackberries</b></p> <p>boysenberries</p> <p><b>cherries</b></p> <p>custard apples</p> <p><b>dried fruit</b></p> <p>feijoa</p> <p><b>figs</b></p> <p>grapefruit</p> <p><b>lychee</b></p> <p>mango</p> <p><b>nashi pear</b></p> <p>nectarines</p> <p><b>peaches</b></p> <p>pears</p> <p><b>plums</b></p> <p>persimmons</p> <p><b>prunes</b></p> <p>raspberries</p> <p><b>tamarillos</b></p> <p>watermelon</p>	<b>VEGETABLES</b>	<p><b>alfalfa</b></p> <p>bamboo shoots</p> <p><b>bean sprouts</b></p> <p>beetroot, 2 slices or less</p> <p><b>bok choy</b></p> <p>broccoli, head not stalk</p> <p><b>broccolini, stalks not head</b></p> <p>Brussels sprouts, 2 or less</p> <p><b>butternut squash</b>, ¼ cup or less</p> <p>cabbage, savoy or green, ½ cup or less</p> <p><b>cabbage, red</b></p> <p>capsicum, green, less than ½ cup</p> <p><b>carrots</b></p> <p>celery, 5cm or less</p> <p><b>chives</b></p> <p>choko, less than ½ cup</p> <p><b>Chinese greens</b></p> <p>corn, ½ cob or less</p> <p><b>courgette</b></p> <p>cucumber, peeled</p> <p><b>edamame</b></p> <p>endive</p> <p><b>fennel, less than ¼ cup</b></p> <p>galangal</p> <p><b>ginger</b></p> <p>green beans</p> <p><b>sweet potato, less than ½ cup</b></p> <p>kale</p> <p><b>leek, green leaves only</b></p> <p>lettuce, all types</p> <p><b>marrow</b></p> <p>mushroom, oyster only</p> <p><b>okra</b></p> <p>olives</p> <p><b>parsnip</b></p> <p>potatoes</p> <p><b>puha</b></p> <p>pumpkin, buttercup</p> <p><b>silverbeet</b></p> <p>spaghetti squash</p> <p><b>spinach</b></p> <p>spring onion, green part only</p> <p><b>squash</b></p> <p><b>swede</b></p> <p>taro, less than ½ cup</p> <p><b>tomatoes</b></p> <p>turnip</p> <p><b>yams</b></p> <p>watercress</p>	<p><b>asparagus</b></p> <p>artichokes</p> <p><b>cauliflower</b></p> <p>chicory</p> <p><b>eggplant/aubergine</b></p> <p>garlic</p> <p><b>leek, white part</b></p> <p>mushrooms</p> <p><b>onions, white, brown, shallots, spring onion (white part)</b></p> <p>onion and garlic</p> <p><b>salts and powders</b></p> <p>peas, fresh and frozen</p> <p><b>pumpkin, except buttercup</b></p> <p>snow peas</p> <p><b>sugar snap peas</b></p>
	<b>SWEETENERS AND SUGARS</b>	<p><b>boiled sweets</b></p> <p>golden syrup, less than ½ tablespoon</p> <p><b>jam, marmalade</b> (from allowed fruit list)</p> <p>sugar</p> <p><b>stevia</b></p> <p>syrup, molasses, treacle, rice, maple</p>		<p><b>agave syrup</b></p> <p>high fructose corn syrup</p> <p><b>80g or more dark chocolate. 25g or more milk or white chocolate</b></p> <p>honey</p> <p><b>isomalt (953)</b></p> <p>jam made from fruits to avoid</p> <p><b>mannitol (421)</b></p> <p>molasses</p> <p><b>sorbitol (420)</b></p> <p>xylitol (967)</p> <p><b>yeast extracts</b></p>	

	ENJOY	AVOID
DAIRY AND DAIRY ALTERNATIVES	<p>almond milk butter</p> <p>coconut milk, drinking, less than ½ cup per day</p> <p>coconut milk, canned, ½ cup or less</p> <p>coconut milk, canned for cooking, ½ cup or less</p> <p>coconut yoghurt</p> <p>ghee</p> <p>goats' milk yoghurt</p> <p>hard or ripened cheeses, eg, parmesan, cheddar, edam, gouda, mozzarella, brie, camembert, feta</p> <p>lactose-free milk</p> <p>lactose-free yoghurt</p> <p>margarine</p> <p>oat milk, ½ cup or less</p> <p>rice/nut milks</p> <p>soy milks made from soy bean extract</p> <p>soy yoghurt (without added inulin)</p>	<p>cow, goat and sheep milk, including A2</p> <p>cow and sheep yoghurt</p> <p>cream, sour cream</p> <p>milk powder</p> <p>condensed, evaporated and butter milks</p> <p>custard</p> <p>ice cream</p> <p>coconut milk with added inulin</p> <p>soy milk made from whole soy bean</p> <p>soft cheeses that have not undergone a ripening process, eg, ricotta, cottage cheese, haloumi, cream cheese</p>

	ENJOY	AVOID
PROTEINS	<p>beef and lamb</p> <p>Brazil nuts</p> <p>canned chickpeas (40g max)</p> <p>canned lentils (46g max)</p> <p>chia seeds</p> <p>chicken</p> <p>fish</p> <p>linseed</p> <p>LSA mix</p> <p>macadamia nuts</p> <p>nuts, no more than 10 nuts of any type</p> <p>Quorn</p> <p>peanut butter</p> <p>pecans</p> <p>pine nuts</p> <p>pork, bacon, ham</p> <p>pumpkin seeds</p> <p>sunflower seeds</p> <p>seafood</p> <p>sesame seeds</p> <p>tempeh</p> <p>tofu</p> <p>walnuts</p>	<p>almonds (more than 10 nuts)</p> <p>baked beans</p> <p>cashew nuts</p> <p>dried beans, dried lentils and chickpeas</p> <p>canned beans</p> <p>pistachio nuts</p> <p>processed or marinated meats with onion salt/powder or garlic</p> <p>silken tofu</p> <p>TVP</p>

	ENJOY	AVOID
CARBOHYDRATES	<p>almond meal flour, ¼ cup or less</p> <p>bulgar, less than ¼ cup cooked</p> <p>buckwheat flour</p> <p>corn crackers</p> <p>gluten-free breakfast cereal, without fruit and apple concentrate</p> <p>green banana flour</p> <p>maize flour</p> <p>polenta (corn)</p> <p>quinoa</p> <p>rice noodles, crackers and cakes</p> <p>rice</p> <p>rolled oats</p> <p>spelt sourdough, 2 slices or less</p> <p>spelt, organic, sieved</p> <p>tapioca</p> <p>teff</p> <p>wheat and gluten-free breads - avoid soy bread</p> <p>wheat and gluten-free premixed flours</p> <p>wheat and gluten-free flours</p> <p>wheat and gluten-free pasta</p> <p>wheat and gluten-free biscuits</p>	<p>amaranth flour</p> <p>barley flour</p> <p>bread</p> <p>chickpea/gram/channa flour</p> <p>croissants</p> <p>coconut flour</p> <p>Corn cereals (unless gluten free)</p> <p>pita bread</p> <p>pizza</p> <p>rye flour</p> <p>soy flour/soy grits</p> <p>sourdough</p> <p>wheat flour</p> <p>wheatbran</p> <p>wheatgerm</p> <p>wheat breads</p> <p>wheat pasta</p> <p>wheat-based breakfast cereals</p> <p>muesli with wheat flakes and fruit</p> <p>honey-coated cereals</p>

	ENJOY	AVOID
DRINKS	<p>water, hot, cold, mineral, tap</p> <p>decaffeinated fruit, herbal, peppermint teas</p> <p>caffeine drinks, less than 3 cups a day</p> <p>decaffeinated coffee</p> <p>cocoa powder/drinking chocolate</p> <p>drink sensibly</p> <p>vodka, gin, whisky, small amounts of dry white wine</p> <p>beer (377g max)</p>	<p>chicory drinks and chicory-containing coffee substitutes</p> <p>chamomile tea</p> <p>coconut water</p> <p>fennel tea</p> <p>fizzy drinks</p> <p>fruit juices</p> <p>fructose-containing sport drinks</p> <p>herbal tea</p> <p>oolong tea</p> <p>wine, cider, rum</p>

STAGE  
1

# ELIMINATION LOW-FODMAP meal plan

## Breakfast

- Try porridge oats made with water and lactose-free milk or milk substitute. Top with cinnamon and brown sugar, banana or strawberries
- Make your own muesli with oats, seeds, nuts and gluten-free grains. Serve with lactose-free yoghurt or milk, blueberries and kiwifruit
- Gluten/wheat-free bread, toasted, with margarine and marmalade
- Omelette or eggs and gluten/wheat-free toast or bread.

## Lunch

- Sandwich made with gluten/wheat-free bread. Try fillings such as ham, lettuce, tomato, tuna mayonnaise, hard cheese, small amount of avocado and smoked chicken
- Homemade low-FODMAP carrot, buttercup pumpkin or other soup with gluten/wheat-free bread
- Frittata or Spanish omelette
- Baked potato with mince, hard cheese or tuna mayonnaise
- Sushi or sushi bowls
- Leftover main meals.

## Dinner

- Chicken stir-fry, served with rice noodles or rice
- Gluten/wheat-free pizza base with tomato, olives, cheese, chicken, sausage or ham topping, or a **Low-FODMAP Italian beef calzone**, page 9
- Steak, potato and low-FODMAP vegetables
- Baked, poached or grilled fish with rice, potato, fries or small amount of kumara and low-FODMAP vegetables
- Low-FODMAP chicken and vege bake tray with pesto
- Gluten/wheat-free pasta or spaghetti with minced beef in a tomato sauce.

## Snacks

- Bliss balls - but check the ingredients and number of serves are suitable
- Fresh fruit - kiwifruit, blueberries, strawberries, banana
- Rice cakes with peanut butter or cheese and marmite
- Plain rice crackers
- Sunflower, peanut and almond mix
- Gluten/wheat-free baking, such as **Low-FODMAP lemon and poppy seed loaf**, page 12
- Carrots, peeled cucumber and cherry tomatoes with dip
- Hard-boiled egg.



### Almond and mixed seed porridge

Serves 1 Time to make 5 minutes

- ✓ diabetes friendly
- ✓ no dairy
- ✓ low FODMAP

- ½ cup rolled oats
- ¾ cup unsweetened almond milk
- ¼ teaspoon cinnamon (optional)
- 2 tablespoons mixed seeds (such as chia, pumpkin and sunflower seeds)

1 In a small microwave-safe bowl, place

oats, milk and cinnamon, if using. Microwave on high for 1 minute. Stir oats and microwave for another minute, or until oats are smooth and creamy.

2 Sprinkle hot porridge with your choice of mixed seeds and serve.



PER SERVE (1 serve)	
Energy 1200kJ(286cal)	Fibre 9g
Protein 11g	Sodium 80mg
Total Fat 12g	Calcium 200mg
- sat fat 1g	Iron 4.5mg
Carbs 30g	
- sugars 1g	

RECIPE MORNFLAKE AND BROOKE LONGFIELD



### Fruit-free muesli

Serves 6 Time to make 15 minutes

- ✓ diabetes friendly
- ✓ gluten free\*
- ✓ no dairy
- ✓ low FODMAP

- 2½ cups quinoa flakes
- 1-1½ teaspoons ground cinnamon
- ¼ cup sunflower seeds
- ¼ cup chopped hazelnuts
- ¼ cup pumpkin seeds
- ¼ cup shredded coconut
- ⅓ cup slivered almonds

1 In a bowl, place quinoa flakes, cinnamon, sunflower seeds, hazelnuts, pumpkin seeds and coconut.

2 Brown almonds under a preheated grill and add to mix. Combine then store in a sealed jar.

\* Check cinnamon is gluten free.



PER SERVE (6 serves)	
Energy 1470kJ(352cal)	Fibre 6g
Protein 12g	Sodium <10mg
Total Fat 18g	Calcium 60mg
- sat fat 4g	Iron 4mg
Carbs 35g	
- sugars 4g	

RECIPE AND STYLING SARAH SWAIN  
PHOTOGRAPHY MELANIE JENKINS





### Easter breakfast baskets

Makes 6 Hands-on time 30 minutes

Cooking time 55 minutes

✓ gluten free

✓ vegetarian

✓ low FODMAP

#### spray oil

2 small courgettes, grated

2 small carrots, peeled and grated

40g parmesan, finely grated

1 tablespoon rice flour

1 egg, beaten

9 small (size 5) hard- or soft-boiled eggs, peeled and halved to serve

small fresh basil leaves, to garnish

black pepper, to garnish

**1** Preheat oven to 160°C. Spray a large 6-hole muffin tin with oil. Line the base of each hole with a small circle of baking paper.

**2** Squeeze courgette and carrot of excess moisture. In a large bowl, combine veges, parmesan, rice flour and egg well.

**3** Press mixture firmly into the base and up the sides of each hole of the prepared tin to make baskets. Bake for 30 minutes. Reduce heat to 150°C and bake for a further 20-25 minutes, or until lightly golden and crisp. Leave baskets in tin for 10 minutes before removing.

**4** To serve, divide eggs among baskets and garnish with basil and pepper.



PER SERVE (6 serves)			
Energy	700kJ/166cal	Fibre	2g
Protein	14g	Sodium	210mg
Total Fat	10g	Calcium	140mg
- sat fat	3g	Iron	1.5mg
Carbs	<10g		
- sugars	4g		



### Spicy lentil soup

Serves 4 Time to make 50 minutes

✓ vegetarian

✓ low FODMAP

1 tablespoon garlic-infused oil (see tips)

240g buttercup squash or kumara, cut into 2cm cubes

4 medium carrots, cut into 2cm cubes

1 cup finely chopped leek, green tips only

2 teaspoons ground cumin

1 teaspoon mild curry powder

400g can no-added-salt chopped tomatoes

pinch of dried chilli flakes

4 cups low-FODMAP vegetable stock (we used Massel vegetable stock cube 7s in water)

400g can no-added-salt lentils, drained and rinsed well

1½ cups baby spinach, or chopped collard greens or kale, tough ribs removed as needed

pinch salt and pepper

juice and zest 1 small lemon

3 tablespoons finely chopped

fresh parsley, to serve (optional)

6 tablespoons crumbled feta, to serve

8 slices gluten-free bread, to serve

**1** Place a large saucepan over medium heat. Add oil and fry squash, carrot and leek tips for 5 minutes until they start to soften, stirring occasionally. Add cumin and curry powder and fry for a further 30 seconds until fragrant.

**2** Add canned tomatoes, chilli flakes and stock. Reduce heat to medium-low, partially cover with a lid and simmer for 15 minutes.

**3** Add lentils and greens and simmer for a further 10 minutes.

**4** Gently mash soup to thicken. Season with salt and pepper. Stir through lemon juice and zest to taste. Garnish with parsley, if using, and feta. Serve with gluten-free toast.



PER SERVE (4 serves)			
Energy	1830kJ(436cal)	Fibre	12g
Protein	16g	Sodium	800mg
Total Fat	14g	Calcium	290mg
- sat fat	4g	Iron	6mg
Carbs	50g		
- sugars	19g		

#### Tips

- Check curry powder, chilli flakes and stock do not include onion powder, garlic powder or other high-FODMAP ingredients.
- Choose a clear, garlic-infused oil that doesn't contain garlic pieces.

## Low-FODMAP savoury vegetable frittata

Serves 4

Time to make 50 minutes

✓ gluten free

✓ vegetarian

✓ low FODMAP



750g pumpkin flesh, chopped in small pieces

spray oil

½ tablespoon garlic-infused oil

½ cup diced capsicum

1 bunch spring onion greens, sliced

1 large courgette, grated

1 cup fresh or frozen spinach

generous ½ cup coarsely chopped fresh basil, plus extra, to garnish (optional)

4 eggs

2 egg whites

60ml lactose-free milk

¾ cup grated fresh reduced-fat cheddar cheese

black pepper

80g feta cheese, crumbled

**1** Preheat oven to 250°C. Line a baking tray with baking paper. Place pumpkin on tray and spray with oil. Roast for 20 minutes. Meanwhile, in a frying pan, heat infused oil over medium. Add capsicum, spring onion greens, courgette

and spinach, cooking gently until tender. Add basil as veges cook. Once tender-crisp, remove pan from heat and allow to cool a little.

**2** Line a Swiss-roll pan or slice tin with non-stick baking paper. Spread cooked pumpkin on tray. In a bowl, whisk together eggs, egg whites, milk and cheddar and season with pepper. Reduce oven temperature to 220°C.

**3** Add cooled vegetables to egg mixture and pour over pumpkin. Scatter feta on top and bake for 20-25 minutes until golden. Serve garnished with extra fresh basil (if using).



PER SERVE (4 serves)			
Energy	1280kJ(305cal)	Fibre	5g
Protein	22g	Sodium	610mg
Total Fat	18g	Calcium	420mg
- sat fat	8g	Iron	2.5mg
Carbs	15g		
- sugars	10g		

## Quinoa, smoked salmon and shredded vegetable sushi rolls

Makes 36

Time to make 40 minutes plus 30 minutes chilling

✓ no dairy

✓ low FODMAP

1 cup quinoa, rinsed, drained (we used a blend of red, white and black quinoa)

1½ tablespoons rice wine vinegar

1 tablespoon toasted sesame seeds

2 tablespoons white vinegar

4 sheets nori

½ medium ripe avocado, in long slices

100g smoked salmon, sliced

1 large carrot, peeled and shredded

1 red capsicum, thinly sliced

1 large Lebanese cucumber, seeded and cut in thin matchsticks

2 tablespoons pickled ginger, to serve

2 tablespoons reduced-salt soy sauce, to serve

**1** In a medium saucepan, place quinoa and 2 cups water. Bring to the boil. Reduce heat to low, cover and simmer for 12-15 minutes, or until the water is absorbed. Remove from heat, cover and set aside to steam for 5 minutes. Quinoa should be a little gluggy or sticky.

**2** Add rice wine vinegar and sesame seeds to quinoa and combine. Cover a large baking tray with foil. Spread quinoa evenly on tray and set aside until completely cooled.

**3** In a small bowl, place white vinegar and 1 cup cold water. Divide quinoa into 4 even portions. On a bamboo mat or piece of baking paper, place one sheet of nori, shiny side down and the longest side facing you.

**4** Wet hands with vinegar mixture and spread ¼ of the quinoa evenly over the bottom of the nori sheet, leaving a small border around the edge.



**5** Place some avocado and salmon along the middle of the quinoa and top with some carrot, capsicum and cucumber. Lift the end of the mat closest to you, roll it over the ingredients to enclose and continue rolling to make a complete roll. Continue with remaining nori, quinoa and fillings. Wrap each roll tightly in plastic wrap and refrigerate for 30 minutes. Slice each roll into 9 pieces and serve with pickled ginger and soy sauce.

PER SERVE (1 canapé)			
Energy	165kJ(39cal)	Fibre	1g
Protein	2g	Sodium	50mg
Total Fat	2g	Calcium	10mg
- sat fat	0g	Iron	0.5mg
Carbs	5g		
- sugars	1g		

### Tips

- Sushi rolls can be made a day ahead and sliced just before serving.
- Make it gluten free Check soy sauce is gluten free.

### Seared salmon sushi bowl

Serves 4 Time to make 35 minutes

- ✓ no dairy
- ✓ low FODMAP



- 1 cup **brown rice**
- 2 teaspoons **sesame oil**
- 2 teaspoons lightly toasted **sesame seeds**, plus extra, to garnish
- 2 x 200g **skinless salmon fillets**
- 1 tablespoon **reduced-salt soy sauce**
- 1 tablespoon **lemon juice**
- 1 tablespoon **mirin** (see tips)
- 1 teaspoon grated **fresh ginger**
- 100g **mixed salad** or **iceberg leaves**
- 1 large **telegraph cucumber** halved, seeded, thinly sliced
- 2 large **carrots**, peeled, cut into thin matchsticks
- 4 medium **radishes**, cut into thin matchsticks

- 1 Cook brown rice following packet instructions, or until al dente. Drain. Toss rice with 1 teaspoon each of the sesame oil and the sesame seeds.
- 2 Meanwhile, brush salmon with remaining sesame oil. Preheat a chargrill pan or barbecue hotplate to medium-high. Cook salmon for 2 minutes each side, for medium, or until cooked to your liking. Transfer to a plate

and cool for 5 minutes. Flake into chunks with a fork.

- 3 In a small bowl, combine soy sauce, lemon juice, mirin and ginger to make ponzu dressing.
- 4 Divide the rice, salad leaves, cucumber, carrots and radishes between serving bowls. Top each with salmon, and drizzle with ponzu dressing. Sprinkle with extra sesame seeds.



PER SERVE (4 serves)	
Energy 2260kJ(541cal)	Fibre 5g
Protein 24g	Sodium 200mg
Total Fat 28g	Calcium 90mg
- sat fat 7g	Iron 2mg
Carbs 45g	
- sugars 8g	

#### Tips

- You can substitute radishes with half a small red onion, thinly sliced, but it won't be low FODMAP.
- If you can't find mirin, use 1 teaspoon sugar instead.
- **Make it gluten free** Check soy sauce is gluten free.

### Teriyaki chicken stir-fry

Serves 4

Hands-on time 15 minutes

Cooking time 15 minutes

- ✓ no dairy
- ✓ low FODMAP



- 3 tablespoons **reduced-salt soy sauce**
- 2 tablespoons **rice wine vinegar**
- 3 tablespoons **brown sugar**
- 1½ tablespoons **garlic-infused oil**
- 2 teaspoons **crushed ginger**
- ½ tablespoon **cornflour spray oil**
- 500g skinless **chicken breast fillets**, fat trimmed, 2cm cubed
- 2 teaspoons **sesame oil**
- 2 medium **carrots**, cut into sticks
- 2 small **courgettes**, cut into sticks
- ¼ cup finely chopped **spring onion**, green tips only, with extra for garnish (optional)
- 3 cups chopped **bok choy**
- 3 cups **cooked brown rice**, to serve
- black pepper**

- 1 In a small saucepan, whisk together soy sauce, ¼ cup water, rice wine vinegar, sugar, garlic-infused oil, ginger and cornflour. Place over medium heat and cook, stirring occasionally, until thick.
- 2 While sauce thickens, spray a large non-stick wok with oil and set over a medium-high heat. Stir-fry chicken for 3-4 minutes until golden brown and

cooked through. Remove from wok and set aside.

- 3 Add sesame oil to wok, stir-fry carrot and courgette for 2-3 minutes until just tender. Add spring onion and bok choy and cook for a further minute.
- 4 Toss chicken through sauce.
- 5 Serve chicken over rice with veges. Season with black pepper and garnish with extra spring onion, if using.



PER SERVE (4 serves)	
Energy 2240kJ(535cal)	Fibre 6g
Protein 35g	Sodium 510mg
Total Fat 15g	Calcium 110mg
- sat fat 3g	Iron 3mg
Carbs 60g	
- sugars 15g	

#### Tips

- Commercial teriyaki sauces contain high-FODMAP ingredients.
- Choose a clear garlic-infused oil that doesn't contain garlic pieces.
- **Make it gluten free** Check soy sauce and cornflour are gluten free.



### Pizza base

Makes 2 medium-sized pizza bases or 1 large base (10 slices)

Time to make 30 minutes

✓ gluten free

✓ low FODMAP

#### spray oil

300g **gluten-free self-raising flour** (we used Free From Gluten by Countdown)

50ml **olive oil**

2 **eggs**, lightly beaten

100ml **cold water**

1 tablespoon **dried mixed herbs**

**1** Heat oven to 200°C. Spray a round pizza tray or stone with oil.

**2** In a large bowl, thoroughly combine all ingredients. If using an electric mixer, use dough hook to beat.

**3** Shape dough into 1 or 2 balls. Place a piece of non-stick baking paper on top and use a rolling pin to shape and flatten dough.

**4** Top with your favourite ingredients and place in oven for 10-15 minutes until base is crisp and cooked to your liking.

#### Tip

• For a crispier base, heat pizza stone before rolling out dough.

### Low-FODMAP Italian beef calzone

Serves 6

Hands-on time 30 minutes

Cooking time 40 minutes plus minimum 20 minutes proving time

✓ low FODMAP

2 cups **pumpkin pieces**

spray oil

400g **lean beef mince**

a pinch of **asafoetida** (see tips)

bunch **spring onion greens**, sliced

**celery** stalk, finely chopped

½ large **capsicum**, chopped

large **carrot**, grated

large **courgette**, grated

¾ cup **red wine** (optional)

pinch **mixed herbs**

700ml **passata**

1 teaspoon **reduced-salt soy sauce**

¾ cup grated **edam cheese**

2½ cups **spelt flour**

1 teaspoon **sugar**

1 teaspoon **salt**

1 sachet (8g) **instant yeast granules**

1 tablespoon **olive oil**

¾ cup **warm water**

**1** Preheat oven to 250°C. Line two oven trays with baking paper and on the first, place pumpkin. Spray with oil and bake for 20 minutes or until tender. When cooked, remove and set aside.

**2** Meanwhile, spray a frying pan with oil and set over a medium-high heat. Add mince. Cook until browned,

breaking up mince with a fork/potato masher as it cooks.

**3** Add asafoetida, spring onion greens, celery, capsicum, carrot and courgette to pan and cook gently until soft. Add wine, if using, or ¾ cup water, and herbs and cook until liquid has completely absorbed. Add passata and soy sauce and simmer gently for about 25 minutes or until sauce is thick.

**4** Meanwhile, in a bowl or food processor with a dough function, combine flour, sugar, salt, yeast and oil. Add warm water and mix. Knead dough for 5 minutes, or until smooth and springy, then place in a greased bowl, cover with plastic wrap and microwave on low for 1 minute. Rest dough for

10 minutes then repeat microwave and resting process, or leave in a warm place for about 40 minutes or until dough doubles in size.

**5** Divide dough in half and, on a lightly floured bench, roll out to a 36cm-diameter circle. Transfer to the second lined baking tray and spoon on sauce filling. Add roasted pumpkin and grated cheese. Roll out remaining dough and place over the top. Pinch and roll edges together and bake at 250°C for 20 minutes. For a crispy crust, splash ½ cup cold water on oven floor when calzone goes in.



PER SERVE (6 serves)			
Energy	2210kJ(529cal)	Fibre	7g
Protein	32g	Sodium	840mg
Total Fat	14g	Calcium	220mg
- sat fat	6g	Iron	5mg
Carbs	60g		
- sugars	17g		



#### Tips

• Asafoetida (also known as hing) is a dried gum which has been used for centuries in Indian cuisine.

Available in powder form, asafoetida has onion and garlic flavours. Find asafoetida at Indian-cuisine supply stores.

• To make individual calzone, divide dough in 6 pieces. Roll each piece into even-sized circles. Place filling on half of each circle then fold dough over and seal. Cook as for the large calzone and garnish with fresh basil if you prefer.



### Seared steak with maple-mustard sauce and quinoa salad

Serves 4

Time to make 35 minutes

✓ no dairy

✓ low FODMAP

2 cups 2cm-cubed **buttercup squash**

2 medium **carrots**, cut into 2cm cubes

2 cups 2.5cm-cubed **eggplant**

1 tablespoon **olive oil**

½ teaspoon **salt**

**pepper**

2 tablespoons **reduced-fat mayonnaise**

1½ tablespoons **Dijon mustard** (see tips)

1 tablespoon **pure maple syrup**

½ teaspoon **white vinegar**

**spray oil**

500g **lean rump steak**, fat trimmed and cut into 4 steaks

1¼ cups frozen **green beans**

3 cups cooked **red quinoa**, to serve

4 cups **mesclun salad leaves**, to serve

**1** Preheat oven to 210°C fan bake.

**2** In a roasting tray, place squash, carrots and eggplant. Toss with olive oil and season with salt and pepper. Bake for 20-25 minutes, until soft and slightly golden, turning once during cooking.

**3** Meanwhile, in a small bowl, combine mayonnaise, mustard, maple syrup and vinegar until smooth. Season with pepper.

**4** Spray a large non-stick fry pan with oil and set over a medium-high heat. Fry steak for about 4 minutes each side, or until cooked to your liking. Set aside to rest for 5 minutes.

**5** While steak rests, in a small saucepan of boiling water, blanch green beans for 2-3 minutes. Drain.

**6** Serve steak with quinoa, salad leaves, roast vegetables and green beans. Drizzle with maple mustard sauce.



PER SERVE (4 serves)	
Energy 2400kJ(573cal)	Fibre 10g
Protein 39g	Sodium 500mg
Total Fat 20g	Calcium 150mg
- sat fat 4g	Iron 7mg
Carbs 60g	
- sugars 20g	

#### Tips

• Check Dijon mustard does not contain garlic.

• **Make it gluten free**  
Check mayonnaise and mustard are gluten free.



### Chia, almond and herb-crusted fish

Serves 4 Time to make 35 minutes

✓ gluten free

✓ diabetes friendly

✓ no dairy

✓ low FODMAP

600g small **new potatoes**, halved

**spray oil**

¼ cup roughly chopped **almonds**,

1 tablespoon **chia** or **sesame seeds**

½ cup firmly packed **fresh flat-leaf parsley**

2 tablespoons chopped **fresh chives**

1 teaspoon finely grated **lemon zest**

2 teaspoons **lemon juice**

2 teaspoons **olive oil**

**black pepper**

4 x 150g firm **white fish fillets**

1 bunch steamed **broccolini**, to serve

2 cups steamed **beans**, to serve

**1** Preheat oven to 200°C. Line 2 large baking trays with baking paper. Place

potatoes, cut-side up, on the first prepared tray. Spray potatoes with oil and roast for 25 minutes or until tender and golden.

**2** Meanwhile, in a food processor, blitz almonds, chia seeds, parsley, fresh chives and lemon zest until finely chopped. Add lemon juice and olive oil. Blend until well combined. Season with black pepper.

**3** Press one-quarter of the almond mixture on top of each fish fillet. Place fish on the second tray and spray with oil. Bake fish for 12 minutes, or until the thickest part flakes easily.

**4** Serve fish with roasted potatoes and steamed greens.



PER SERVE (4 serves)	
Energy 1770kJ(423cal)	Fibre 8g
Protein 38g	Sodium 130mg
Total Fat 16g	Calcium 130mg
- sat fat 3g	Iron 3.5mg
Carbs 30g	
- sugars 4g	



### Pesto-chicken tray bake

Serves 4

Time to make 30 minutes

✓ diabetes friendly

✓ low FODMAP

- 4 x 150g lean chicken breast fillets
- 300g baby carrots, trimmed, halved lengthways
- 600g potatoes, cut in bite-sized cubes
- ¼ cup low-FODMAP basil pesto (see tips)
- 300g truss tomatoes
- 200g green beans, trimmed
- 1 tablespoon lemon juice
- 2 cups baby spinach

- 1 Preheat oven to 200°C. Spray a large flameproof baking dish with oil and set over a medium-high heat. Add chicken fillets and cook, turning once, for 5 minutes or until browned all over. Transfer chicken to a plate. Place carrots and potatoes in dish. Spray with a little oil and bake. After 15 minutes, or when carrots are tender, remove them from oven. Bake potatoes for 15 more minutes.
- 2 Meanwhile, brush chicken with

1 tablespoon of the basil pesto. Return chicken to baking dish with tomatoes for last 8 minutes of carrot cooking time.

3 Meanwhile, bring a medium-sized saucepan of water to the boil. Blanch green beans for 2 minutes, or until bright green and just tender. Drain and refresh in a large bowl of cold water. Drain again.

4 In a small bowl, combine remaining basil pesto and lemon juice. Toss beans and baby spinach with carrots. Top chicken with lemon-pesto mixture and serve with potatoes.



PER SERVE (4 serves)	
Energy 1730kJ(412cal)	Fibre 7g
Protein 40g	Sodium 230mg
Total Fat 15g	Calcium 110mg
- sat fat 3g	Iron 2.5mg
Carbs 30g	
- sugars 6g	

#### Tips

- Check pesto is made with garlic-infused oil, not garlic.
- Make it gluten free Use gluten-free pesto.

### Spaghetti bolognese

Serves 4

Hands-on time 10 minutes

Cooking time 25 minutes

✓ low FODMAP

- 1 tablespoon garlic-infused olive oil (see tips)
- 500g premium beef mince
- 400g can no-added-salt plain crushed tomatoes (see tips)
- 3 tablespoons no-added-salt tomato paste
- 1 cup finely chopped green leek tips
- 4 cups roughly chopped baby spinach
- 2 teaspoons Italian herbs (see tips)
- ½ teaspoon salt
- pepper
- 250g gluten-free spaghetti (see tips)
- 2 large carrots, sliced into sticks, or 260g baby carrots
- 1½ cups chopped green beans
- 40g shaved parmesan, to serve (optional)
- handful of torn fresh basil, to serve

- 1 Place a large non-stick frypan over a medium heat. Add garlic-infused oil and mince, and cook until browned.
- 2 Add tomatoes, tomato paste, leek, spinach and Italian herbs. Stir and allow to simmer over medium-low heat for 15 minutes, stirring occasionally. Season with salt and pepper to taste. Add another sprinkle of Italian herbs, if needed.
- 3 Cook the spaghetti following packet instructions. In a saucepan of boiling water, blanch carrot and beans for 2-3 minutes, until tender.



4 Serve the bolognese on top of spaghetti with vegetables on the side. Sprinkle with parmesan, if using, and fresh basil. To keep your meal low FODMAP, keep to the serving size.



PER SERVE (4 serves)	
Energy 2200kJ(526cal)	Fibre 14g
Protein 37g	Sodium 550mg
Total Fat 12g	Calcium 240mg
- sat fat 4g	Iron 7mg
Carbs 65g	
- sugars 15g	

#### Tips

- Check Italian herbs and spaghetti for added high-FODMAP ingredients, such as onion or garlic powder, soy flour, chickpea (besan) flour and inulin.
- Choose a clear garlic-infused oil that doesn't contain garlic pieces.
- Check canned tomatoes for high-FODMAP ingredients, such as onion or garlic powder, and limit serves to 100g.
- Make it gluten free Check tomato paste is gluten free.



### Choc cranberry bliss balls

Makes 10 balls

Time to make 10 minutes,  
plus 1 hour chilling time  
✓ low FODMAP

- ¼ cup rolled oats
- 2 tablespoons cocoa
- 1 teaspoon cinnamon
- 1 cup walnut pieces
- 1 tablespoon maple syrup
- 3 tablespoons no-added-salt-or-sugar peanut butter
- ¼ cup dried cranberries

**1** In a food processor or blender, blend all ingredients except half of the cranberries to a smooth texture. Add remaining cranberries and blitz again, leaving them chopped, not smooth. If the

mixture is too dry, add a little water to make it easier to bind together.

**2** Roll mixture into walnut-sized balls. Refrigerate for at least an hour, until firm. Store in the fridge.

#### PER SERVE (10 serves)

Energy	540kJ(129cal)	Fibre	1g
Protein	4g	Sodium	10mg
Total Fat	10g	Calcium	20mg
- sat fat	1g	Iron	1mg
Carbs	<10g		
- sugars	4g		

#### Tips

- Substitute peanut butter with any other nut butter
- For a different texture, roll balls in coconut thread, sesame seeds, chopped nuts or chia seeds.
- Freeze in a sealed container for up to 3 months.

RECIPE NIKI BEZZANT PHOTOGRAPHY MELANIE JENKINS  
STYLING JO BRIDGFORD

### Low-FODMAP lemon and poppy seed loaf

Makes 16 slices

Hands-on time 15 minutes

Cooking time 35-40 minutes

✓ low FODMAP

- 100g reduced-fat non-dairy spread (we used Olivani Lite)
- 100g (½ cup) sugar
- 2 eggs
- 1 teaspoon lemon zest
- 1½ tablespoons lemon juice
- 1⅓ cups spelt flour
- 1½ teaspoons baking powder
- 1 tablespoon poppy seeds

#### Lemon glaze

- 1 teaspoon lemon zest, plus extra for topping (optional)
- ¼ cup lemon juice
- ¼ cup sugar

**1** Preheat oven to 180°C. Grease and line a loaf tin. In a bowl, cream spread and sugar until pale, with electric beaters. Add eggs, one at a time, combining well.

**2** Stir in first measures of lemon zest and juice then fold in flour, baking powder and poppy seeds.

**3** Pour batter into prepared tin and bake for 35-40 minutes, or until loaf is risen, springy and golden and an inserted skewer comes out clean.

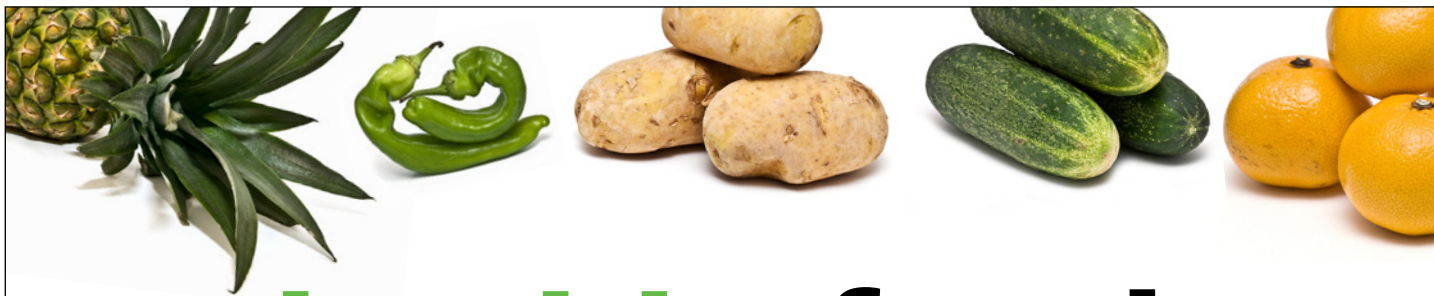
**4** Meanwhile, in bowl, combine glaze ingredients. Remove cooked loaf from oven and drizzle syrup over, allowing it to soak in. Turn loaf out and decorate with extra lemon zest (if using) then slice to serve.



#### PER SERVE (16 serves)

Energy	520kJ(124cal)	Fibre	<1g
Protein	3g	Sodium	70mg
Total Fat	5g	Calcium	20mg
- sat fat	1g	Iron	<0.5mg
Carbs	20g		
- sugars	10g		

RECIPE SOPHIE GRAY PHOTOGRAPHY DEVIN HART STYLING SARAH SWAIN



# healthyfood

GUIDE

— PRESENTS —

## THE LOW-FODMAP DIET *made easy!*

YOUR GUIDE TO MANAGING IBS  
BY GOING LOW FODMAP

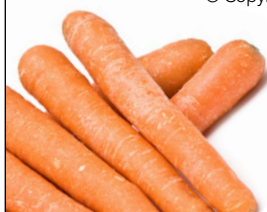
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## STAGE 2 CHALLENGES

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# Weeks 5~12

# FOOD CHALLENGES

## STAGE 2

### Challenges

So far, you've been avoiding all FODMAP food. Now it's time to test the individual FODMAP groups. There might be some you're not having a reaction to.

Many foods contain one or more types of FODMAP. It is really important to make sure only one group of foods is tested at a time.

We need to check one food that contains only sorbitol (and no other FODMAPs), one food that contains only mannitol (and no other FODMAPs), one food that only contains fructose (and no other FODMAPs) and so on.

### HOW TO DO THE CHALLENGES

- 1 Keep to a low-FODMAP (stage 1) diet throughout the challenges, apart from the specific challenge food. When you move on to a new challenge food, stop eating previous challenge foods.
- 2 Wait until you have no symptoms for at least three days before starting a challenge.
- 3 If you're symptom-free for at least three days, try to have one challenge each week.
- 4 If you're given a choice of challenge foods, stick to the same food for each day of the challenge.
- 5 Keep your Food and symptom diary throughout the challenges.
- 6 Each challenge is for three days, but stop the challenge as soon as you notice symptoms.

### Challenge day 1

Have one serving of the challenge food during the day. If you get symptoms, stop. If you're feeling fine, continue to day 2.

### Challenge day 2

We double the serving size. If you get symptoms, stop. If you're feeling fine, continue to day 3.

### Challenge day 3

We triple the serving size. If you get symptoms, stop. If you're feeling fine, then this is unlikely to be a trigger food group. Make a note in your symptom diary of which day (if any) you had a reaction on so you can reflect at the end of the challenge.

## Challenges FAQs

### What are the FODMAP groups?

- oligos - fructan oligosaccharide
- galacto oligosaccharides (GOS) oligosaccharide
- lactose disaccharide
- fructose monosaccharide
- mannitol polyol
- sorbitol polyol

### Will I get symptoms during the prescribed food challenge?

Yes. But the food challenges give you some really important and valuable information, such as what foods you are actually reacting to, whether you get different reactions from different FODMAP groups and how much you can eat before you get a reaction.

### When is the best time to do the prescribed food challenge?

The good thing about the food challenges is you can start them on a Friday afternoon and be done by Sunday night. This means, hopefully, there will be as little impact on your school or work life as possible. Try to choose a time when you don't have any busy or social activities scheduled. Make sure you are feeling well in general. Don't start if you feel a cold coming on.

### Why are there three fructan challenges?

We know a lot about FODMAP foods, but there are still some things to find out. One is that although some people are okay with bread, they're not with onion or garlic. Or some are okay with onion but not garlic. There is obviously something other than fructans that triggers symptoms. The multiple tests help identify differences inside the category.

### If I don't react to the food, can I include it in my diet?

Sorry, but not at this stage. It is important to continue eating the low-FODMAP diet in stage 2, while you are doing all the challenges. The only new food should be the one you eat for the challenge.

### I reacted to EVERY prescribed food challenge

There may be other food intolerances or food triggers (or non-food triggers) that need to be looked at. It's time to book an appointment with a specialist dietitian to get an individual opinion.

### I am worried about how I will react.

It is likely, at some point during your FODMAP challenges, you will experience symptoms. To help reduce anxiety, here are some tips:

- The fear of having a FODMAP reaction at work can be a major hurdle for many people. You can do these three-day food challenges over the weekend to keep the impact on work to a minimum.
- Once you have started your challenges, try to relax. Stress itself can trigger IBS symptoms. If you can, try to be mindful and relaxed and let your digestive system process the FODMAP without additional pressure.
- Also, remember that everyone's digestive system can get a little bit gurgly or noisy at times, and it is completely normal to experience a small amount of gas or mild bloating. Any symptoms that cause pain or more than mild discomfort indicate a FODMAP reaction.
- Try to focus on the positive. If you pass the challenge you get to add more foods back into your diet.

# Low-FODMAP diet food challenges

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

WEEK 5	<p><b>LACTOSE CHALLENGE</b></p> <p><b>Throughout the day</b>  <b>Day 1</b> drink ½ cup (125ml) cow's milk  <b>Day 2</b> drink 1 cup (250ml) cow's milk  <b>Day 3</b> drink 1½ cups (375ml) cow's milk  <b>Note:</b> Make sure you drink at least ½ cup of milk at one sitting.</p>	<p><b>FRUCTOSE CHALLENGE</b></p> <p><b>Throughout the day</b>  <b>Day 1</b> eat ½ fresh mango or 3 teaspoons honey  <b>Day 2</b> eat 1 fresh mango or 6 teaspoons honey  <b>Day 3</b> eat 1½ fresh mangos or 9 teaspoons honey</p>
WEEK 7	<p><b>SORBITOL CHALLENGE</b></p> <p><b>Throughout the day</b>  <b>Day 1</b> eat 5 blackberries or ¼ avocado  <b>Day 2</b> eat 10 blackberries or ½ avocado  <b>Day 3</b> eat 15 blackberries or ¾ avocado  <b>Notes:</b> You can use fresh or canned blackberries. If using blackberries canned in syrup, rinse them thoroughly with water before eating. Make sure you have at least ¼ avocado at one sitting.</p>	<p><b>MANNITOL CHALLENGE</b></p> <p><b>Throughout the day</b>  <b>Day 1</b> eat ¼ cup cooked cauliflower  <b>Day 2</b> eat ½ cup cooked cauliflower  <b>Day 3</b> eat ¾ cup cooked cauliflower  <b>Note:</b> Cauliflower can be mixed into any low-FODMAP meal.</p>
WEEK 9	<p><b>FRUCTAN - BREAD CHALLENGE</b></p> <p><b>Throughout the day</b>  <b>Day 1</b> eat 2 slices plain wholemeal (not wholegrain) bread  <b>Day 2</b> eat 4 slices plain wholemeal (not wholegrain) bread  <b>Day 3</b> eat 6 slices plain wholemeal (not wholegrain) bread  <b>Note:</b> Spread your bread across the day, not all at one meal.</p>	<p><b>FRUCTAN - GARLIC CHALLENGE</b></p> <p><b>Day 1</b> eat 1 clove cooked garlic  <b>Day 2</b> eat 2 cloves cooked garlic  <b>Day 3</b> eat 3 cloves cooked garlic  <b>Note:</b> Garlic can be mixed into any low-FODMAP meal.</p>
WEEK 11	<p><b>FRUCTAN - ONION CHALLENGE</b></p> <p><b>Day 1</b> eat 1 tablespoon cooked onion  <b>Day 2</b> eat 2 tablespoons cooked onion  <b>Day 3</b> eat 3 tablespoons cooked onion  <b>Note:</b> Onion can be mixed into any low-FODMAP meal.</p>	<p><b>GALACTO OLIGO SACCHARIDES (GOS) CHALLENGE</b></p> <p><b>Day 1</b> eat 3 tablespoons canned butter beans  <b>Day 2</b> eat ½ cup cooked canned butter beans  <b>Day 3</b> eat 1 cup cooked canned butter beans  <b>Note:</b> Butter beans can be mixed into any low-FODMAP meal.</p>

# FOOD AND SYMPTOM *diary*

Even though there is space for three snacks each day, many people don't snack, or have only one snack, most days. Just do what's right for you.

WEEK 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Lunch</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Dinner</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							

# FOOD AND SYMPTOM *diary*

Even though there is space for three snacks each day, many people don't snack, or have only one snack, most days. Just do what's right for you.

WEEK 6	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Lunch</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Dinner</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							

# FOOD AND SYMPTOM *diary*

Even though there is space for three snacks each day, many people don't snack, or have only one snack, most days. Just do what's right for you.

WEEK 7	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Lunch</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Dinner</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							

# FOOD AND SYMPTOM *diary*

Even though there is space for three snacks each day, many people don't snack, or have only one snack, most days. Just do what's right for you.

WEEK 8	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Lunch</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Dinner</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							

# FOOD AND SYMPTOM *diary*

Even though there is space for three snacks each day, many people don't snack, or have only one snack, most days. Just do what's right for you.

WEEK 9	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Lunch</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Dinner</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							

# FOOD AND SYMPTOM *diary*

Even though there is space for three snacks each day, many people don't snack, or have only one snack, most days. Just do what's right for you.

WEEK 10	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Lunch</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Dinner</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							



# FOOD AND SYMPTOM *diary*

Even though there is space for three snacks each day, many people don't snack, or have only one snack, most days. Just do what's right for you.

WEEK 11	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Lunch</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Dinner</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							

# FOOD AND SYMPTOM *diary*

Even though there is space for three snacks each day, many people don't snack, or have only one snack, most days. Just do what's right for you.

WEEK 12	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Lunch</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Dinner</b> (time/what/ amount)							
<b>Snack</b> (time/what/ amount)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							
<b>Symptoms</b> (time/what how bad?)							





# healthyfood GUIDE

— PRESENTS —

## THE LOW-FODMAP DIET *made easy!*

YOUR GUIDE TO MANAGING IBS  
BY GOING LOW FODMAP

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# STAGE 3 REINTRODUCTION

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# Weeks 13 onwards

# YOUR PERSONALISED FODMAP DIET

## STAGE 3

### REINTRODUCTION

The low-FODMAP elimination diet is meant to be a short-term diet to help you find out what foods trigger your IBS symptoms. Now that you've completed the food challenge stage, you should have a good idea of which FODMAP groups don't trigger your symptoms and which ones you can't tolerate right now.

To meet your body's nutrition needs, it's important to eat a wide range of foods, and that can't be done on such a restrictive diet. So, now it's time to start reintroducing foods without triggering your symptoms.

The first step is to slowly reintroduce foods from the FODMAP group/s you know you can tolerate, based on the results of your food challenges.



We've listed the most common foods belonging to each FODMAP group on the following pages, to get you started. Use these lists to find foods in the groups that haven't triggered symptoms. Once you've worked your way through those lists and are ready to add even more options to your diet, it's worth investing in a credible smartphone application, such as the Monash low-FODMAP diet app, which is regularly updated and expanded.

FODMAP GROUP SAFE FOODS BY SERVE

LACTOSE

Baby corn, canned 80g  
Banana (unripe) 100g  
Beans, green 75g  
Beer 377g  
Beetroot, pickled 75g  
Bread, gluten free 52g  
Bread, gluten free, low gi, high fibre 64g  
Broccoli 75g  
Capsicum, red 75g  
Carrot 75g  
Cheese - brie, camembert, cheddar, mozzarella, ricotta, Swiss 40g  
Clementine 86g  
Cornflakes, gluten free, 25g  
Cornflour, 100g  
Couscous, gluten free, 75g  
Cream cheese 40g  
Cucumber 75g  
Custard 25g  
Drinking chocolate (powder) 10g  
Espresso with cow's milk (flatwhite) 250g  
Flour, gluten free 100g  
Grapes 150g  
Ice cream, vanilla 30g  
Japanese (buttercup) pumpkin 75g  
Kale 75g  
Kiwi fruit 150g  
Lentils, canned 46g  
Lettuce, iceberg 75g  
Milk, A2 10g  
Mixed nuts (no cashews) 36g  
Nuts, Brazil 40g  
Orange 130g  
Potato 75g  
Spinach 75g  
Spring onion, green tips only 16g  
Strawberries 150g  
Tea with cow's milk 180g  
Tempeh, plain 100g  
Tofu, firm or plain (not silken) 160g  
Tomato 119g  
Weet-Bix, gluten free 30g  
Wine (not dessert or sticky) 149g  
Yoghurt, natural 20g

FRUCTOSE

Baby corn, canned 80g  
Banana (unripe) 100g  
Beans, green 75g  
Beer 377g  
Beetroot, pickled 75g  
Bok choy 75g  
Brazil nuts 40g  
Bread, gluten free 52g  
Bread, gluten free, low gi, high fibre 64g  
Broccoli 75g  
Capsicum, red 75g  
Carrot 75g  
Cheese - brie, camembert, cheddar, mozzarella, ricotta, Swiss 40g  
Chilli, chipotle 18g  
Chilli, green 28g  
Clementine 86g  
Cornflakes 25g  
Cornflour, 100g  
Couscous, gluten free, 75g  
Cucumber 75g  
Drinking chocolate (powder) 10g  
Edamame 90g  
Espresso with low-FODMAP milk alternatives 250g  
Figs, fresh 50g  
Flour, gluten free 100g  
Ginger, fresh 5g  
Grapes 150g  
Japanese (buttercup) pumpkin 75g  
Kale 75g  
Kiwi fruit 150g  
Lettuce, iceberg 75g  
Milk, almond 240g  
Milk, lactose free 250g  
Milk, rice 200g  
Mixed nuts (no cashews) 35g  
Potato 75g  
Pumpkin seeds 23g  
Spinach 75g  
Spring onion, green tips only 16g  
Strawberries 150g  
Tea, weak, with added cow's milk 180g  
Tempeh, plain 160g  
Tofu, plain 160g  
Tomato 119g  
Weet-Bix, gluten free 30g  
Wine 149g  
Yoghurt, lactose free 170g

SORBITOL

Avocado 80g  
Banana, unripe 100g  
Beans, green 75g  
Beer 377g  
Beetroot, pickled 75g  
Bok choy 75g  
Bread, gluten free 52g  
Bread, gluten free, low gi, high fibre 64g  
Cabbage, green 75g  
Capsicum, green and red up to 75g  
Carrot 75g  
Cheese - brie, camembert, cheddar, mozzarella, ricotta, Swiss 40g  
Chilli, green 28g  
Clementine 86g  
Cornflakes, gluten free, 25g  
Couscous, gluten free 75g  
Cucumber 75g  
Drinking chocolate (powder) 10g  
Eggplant/aubergine 75g  
Espresso with low-FODMAP milk alternatives 250g  
Flour - buckwheat, corn, gluten free plain 100g  
Grapes 150g  
Japanese (buttercup) pumpkin 75g  
Kale 75g  
Kiwi fruit 150g  
Lentils, canned 46g  
Lettuce, iceberg 75g  
Milk, almond 240g  
Milk, lactose free 250g  
Milk, rice 200g  
Mixed nuts (no cashews) 36g  
Nuts, Brazil 40g  
Potato 75g  
Spinach 75g  
Spring onion, green tips only 16g  
Strawberries 150g  
Sweetcorn 75g  
Tea, weak, with added cow's milk 180g  
Tempeh, plain 100g  
Tofu, firm or plain (not silken) 160g  
Tomato 119g  
Weet-Bix, gluten free 30g  
Wine (not dessert or sticky) 149g  
Yoghurt, lactose free 170g

FODMAP GROUP SAFE FOODS BY SERVE

MANNITOL	FRUCTAN	GALACTO OLIGO-SACCHARIDES
Baby corn, canned 80g	Bread, gluten free 52g	Bread, gluten free 52g
Banana, unripe 100g	Bread, gluten free, low gi, high fibre 64g	Bread, gluten free, low gi, high fibre 64g
Beans, green 75g	Weet-Bix, gluten free 30g	Weet-Bix, gluten free 30g
Beer 377g	Couscous, wheat 75g	Couscous, gluten free 75g
Beetroot, pickled 75g	Cornflakes 15g	Cornflakes, gluten free, 25g
Bread, gluten free 52g	Cornflakes, gluten free 25g	Flour - buckwheat, corn, gluten free plain 100g
Bread, gluten free, low gi, high fibre 64g	Muesli, plain 28g	Beans, green 75g
Broccoli 75g	Flour, buckwheat, corn, gluten free plain, rye, 100g	Beetroot, pickled 75g
Capsicum, red 75g	Artichoke, globe 75g	Capsicum, red 75g
Carrot 75g	Beans, green 75g	Broccoli 75g
Cauliflower 75g	Beetroot, pickled 75g	Carrot 75g
Cheese - brie, camembert, cheddar, mozzarella, ricotta, Swiss 40g	Beetroot, canned 155g	Chilli, green and red 28g
Chilli, green and red 28g	Capsicum, red 75g	Baby corn, canned 80g
Clementine 86g	Broccoli 75g	Cucumber 75g
Cornflakes, gluten free, 25g	Cabbage, red 75g	Edamame 90g
Couscous, gluten free 75g	Cabbage, savoy 75g	Ginger, fresh 5g
Cucumber 75g	Carrot 75g	Kale 75g
Drinking chocolate (powder) 10g	Chilli, red and green 28g	Lettuce, iceberg 75g
Edamame 90g	Corn - baby and kernels, canned 75g	Spring onion, green tips only 16g
Espresso with low-FODMAP milk alternatives 250g	Courgette/zucchini 75g	Peas, green, canned 75g
Flour - buckwheat, corn, gluten free plain 100g	Edamame 210g	Frozen peas, thawed 15g
Ginger, fresh 5g	Garlic 3g	Potato 75g
Grapes 150g	Leek bulb 75g	Spinach 75g
Japanese (buttercup) pumpkin 75g	Spring onion/scallion bulb 32g	Tomato 119g
Kale 75g	Spring onion, green leaves only 16g	Banana, unripe 100g
Kiwi fruit 150g	Potato 75g	Clementine 86g
Lentils, canned 46g	Japanese (buttercup) pumpkin 75g	Grapes 150g
Lettuce, iceberg 75g	Spinach 75g	Kiwi fruit 150g
Milk, almond 240g	Tomato 119g	Strawberries 150g
Milk, lactose free 250g	Banana, ripe 35g	Cheese - brie, camembert, cheddar, mozzarella, ricotta, Swiss 40g
Milk, rice 200g	Clementine 86g	Milk, lactose free 250g
Mixed nuts (no cashews) 36g	Grapes 150g	Milk, almond 240g
Mushrooms – oyster, portobello and shiitake 75g	Kiwi fruit 150g	Milk, rice 200g
Nuts, Brazil 40g	Persimmon 75g	Milk, soy 250g
Potato 75g	Strawberries 150g	Yoghurt, lactose free 170g
Spinach 75g	Cheese - brie, camembert, cheddar, mozzarella, ricotta, Swiss 40g	Nuts, Brazil 40g
Spring onion, green tips only 16g	Milk, lactose free 250g	Mixed nuts (no cashews) 36g
Strawberries 150g	Milk, almond 240g	Almonds, 24g
Tea, strong, with added cow's milk 180g	Milk, rice 200g	Brazil nuts 40g
Tempeh, plain 100g	Yoghurt, lactose free 170g	Cashews, activated 15g
Tofu, firm or plain (not silken) 160g	Nuts, Brazil 40g	Chickpeas, canned
Tomato 119g	Mixed nuts (no cashews) 36g	Lentils, canned 45g
Weet-Bix, gluten free 30g	Lentils, canned 46g	Lentils, red, cooked 23g
Wine (not dessert or sticky) 149g	Tofu, firm or plain (not silken) 160g	Mixed nuts (apart from cashews) 36g
Yoghurt, lactose free 170g	Tempeh, plain 100g	Tempeh, plain 100g
	Beer 377g	Tofu, firm and plain 160g
	Wine (not dessert or sticky) 149g	Tofu, silken 75g
	Drinking chocolate (powder) 10g	Beer 377g
	Espresso with low-FODMAP milk alternatives 250g	Wine (not dessert or sticky) 149g
	Tea, strong, with added cow's milk 180g	Drinking chocolate (powder) 10g
		Espresso with low-FODMAP milk alternatives 250g
		Tea, strong, with added cow's milk 180g

# GOING forward

As your digestive system begins to heal, your tolerance for certain FODMAP groups that previously gave you symptoms, may improve. So, a vital part of your modified low-FODMAP diet, is to re-challenge yourself with problem FODMAP groups every three to four months.

Simply repeat your food challenges with FODMAP groups that didn't pass before. If you tolerate a new FODMAP group, you can start reintroducing food from that, repeating the previous steps outlined on page 30.

## CHECK YOUR STRESS

Remember, IBS symptoms can be triggered by too much stress, so it's a good idea to use some strategies to manage your stress while you reintroduce foods. Some great ways to manage stress include getting regular exercise, listening to music you enjoy, practising regular meditation, yoga, walking in nature, dancing, reading a book, catching up with friends, playing with an animal or having a soak in a hot bath.

## WHAT IF I REACT TO ALL THE FODMAP GROUPS?

If you follow the food challenges properly, including the correct serving sizes of the foods being challenged and the appropriate number of days between challenges, while sticking strictly to the low-FODMAP diet throughout, but still have symptoms, there may be a separate underlying medical condition that needs investigation by your doctor.

For more  
low-FODMAP meal  
ideas, check our  
low-FODMAP  
recipe collection at  
[healthyfood.com](https://www.healthyfood.com)

