

# The Gentle Low FODMAP Diet

## FOODS TO AVOID

### GRAINS

Wheat and rye-based products

### VEGETABLES

Onion, garlic, leek, cauliflower and mushrooms

### FRUIT

Apple, pear, dried fruit, stone fruit  
watermelon

### DAIRY

Milk and yogurt

### MEAT/PROTEIN

Legumes

- Keep a food diary in the app and use it to identify symptoms you may be having with the foods you eat. You can log symptoms in the Healthie app ... I'll customize it.
- Find low FODMAP alternatives for the high FODMAP foods above ... for example swap the apple (high FODMAP) for an orange (low FODMAP) instead.
- Make sure you swap a lower FODMAP food (anything that's NOT on the list above) with one from the same food group. Let's work together on a meal plan if it gets too complicated for you.
- After 2-6 weeks, start reintroducing the high FODMAP foods you haven't been eating. You can do this by reintroducing the foods one at a time, over a 3-day period to test your tolerance. Try starting with a small amount on the first day (for example 1/3 of your usual serving of the food) and slowly increasing this over the next two days as tolerated. Keep a record in the app.
- Once you have completed your food challenges, it is time to add back in the high FODMAP foods above that were well tolerated. Continue avoiding the above foods if you have symptoms. And consider repeating food challenges with these foods again in 3-6 months to see if your tolerance has changed.