

# FODMAP Reintroduction

- Introduce foods slowly, one every 3 days or so.
- To test how you react, consider using the COCA Pulse test.
- To figure out which foods to introduce and quantities, please use the MONASH app. The suggestions below can serve as a guideline

FODMAP Type	Test Food & Portion	Test Food, Portion, Date & Symptoms
Fructose	1-3 spears asparagus (moderate) OR ½ mango (high) OR ¼ cup canned artichoke hearts (moderate) OR ½ cup sugar snap peas (high)	
Fructans (FOS)	¼ small globe artichoke OR ½ leek OR ½ clove garlic (try last)	
Galacto-oligosaccharide (GOS)	¼ cup canned black beans OR 1/8 cup green peas OR 20 almonds	
Sorbitol (polyol)	¼ whole avocado OR ½ yellow peach OR 17 green beans OR 10 blackberries	
Mannitol (polyol)	½ Tablespoon mushrooms OR ¼ cup cauliflower OR ¾ cup yam	
Lactose	½ cup plain yogurt OR 1 scoop vanilla ice cream OR 2 T cream cheese (without gums)	

*\* Note, I do not know who created the table, so I cannot attribute. Please contact [info@panaceafamilyhealth.com](mailto:info@panaceafamilyhealth.com) to let us know so we can give due credit.*