

# Low FODMAP Protocol Route Checklist

Use this checklist to confirm which low-FODMAP page fits your current stage.

Stage	Best route
I am still learning what low FODMAP means	Beginner explainer
I want the bloating-specific phase overview	Bloating and 3 phases guide
I am ready for elimination, reintroduction, and personalization sequence	This protocol reference
I improved and need to test foods	Reintroduction guide
Personalization is noisy	Personalization mistakes guide
Wheat or gluten is the confusing trigger	Gluten, celiac, or IBS sorter

## Before Starting

- Ask whether IBS, celiac disease, IBD, colorectal warning signs, or another diagnosis needs review first.
- Do not stay in strict elimination long term.
- Plan reintroduction before starting restriction.
- Track symptom pattern, stool form, and serving size.