

Low FODMAP Phase Checklist

Use this checklist to move through the low-FODMAP process without getting stuck in elimination.

Phase 1: Elimination

- keep the trial short and structured
- simplify meals instead of chasing perfect variety
- remove obvious higher-FODMAP triggers consistently
- track bloating, pain, bowel changes, and major confounders
- judge the trend over a short 2 to 6 week window, not after one meal

Phase 1 reminder

The goal is not permanent restriction. The goal is to lower noise and see whether FODMAPs are actually part of your symptom pattern.

Phase 2: Reintroduction

- start only after the short trial gives a useful signal
- test one FODMAP group at a time
- keep the rest of your diet stable during each test
- increase portions in a controlled way
- stop early if symptoms become clearly unpleasant
- wait for symptoms to settle before the next challenge

Phase 2 reminder

Reintroduction is what keeps the diet from turning into long-term food fear.

Phase 3: Personalization

- keep the foods you tolerate
- limit only the foods and portions that clearly trigger symptoms
- re-expand variety where possible
- revisit old restrictions later if needed
- use the widest diet your gut can comfortably handle

Phase 3 reminder

Success is not "staying low FODMAP forever." Success is building a more flexible long-term diet with fewer symptoms.

Quick Next-Step Check

- I still need the basics
- I am ready to start elimination
- I am ready to test foods

- I need troubleshooting because the diet did not help

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