

Low FODMAP Reintroduction Tracker Worksheet

Use this worksheet to test one FODMAP group at a time while keeping the rest of your diet stable.

How to Use This Worksheet

1. Choose one FODMAP group and one test food.
 2. Keep the rest of your meals low FODMAP and familiar.
 3. Increase the test portion over 3 days.
 4. Track symptoms at the same times each day.
 5. Stop early if symptoms become clearly unpleasant.
 6. Wait until symptoms settle before starting the next challenge.
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Challenge Setup

- **FODMAP group:** _____
 - **Test food:** _____
 - **Week of challenge:** _____
 - **Why I chose this food first:** _____
 - **Stable baseline foods this week:** _____
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3-Day Challenge Log

Day 1

- **Portion used:** _____
- **Time eaten:** _____
- **Bloating (0-10):** _____
- **Pain (0-10):** _____
- **Stool / urgency notes:** _____
- **Other notes:** _____

Day 2

- **Portion used:** _____
- **Time eaten:** _____
- **Bloating (0-10):** _____
- **Pain (0-10):** _____
- **Stool / urgency notes:** _____
- **Other notes:** _____

Day 3

- **Portion used:** _____
 - **Time eaten:** _____
 - **Bloating (0-10):** _____
 - **Pain (0-10):** _____
 - **Stool / urgency notes:** _____
 - **Other notes:** _____
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Washout / Reset Notes

- **Symptoms settled by:** _____
- **Anything else that may have affected symptoms?**

Examples: poor sleep, travel, restaurant meals, alcohol, stress, medication changes, menstrual cycle changes.

Result Summary

- **Pass:** little to no symptom change
- **Partial tolerance:** okay at lower dose, symptoms at higher dose
- **Reactive:** clear symptoms early or repeatedly
- **Retest later:** result was too noisy to interpret

What this means for my long-term diet

Personal FODMAP Map

Safe

Limited / smaller serves only

Retest later

Avoid for now
