



## **TREATING IBS WITH THE 3-STEP FODMAP DIET**

By Rx Pedia — <https://rx-pedia.info/>

The Low FODMAP Diet, developed by Monash University researchers, is a clinically proven approach to managing Irritable Bowel Syndrome (IBS). It targets certain sugars known as FODMAPs that can irritate the gut and trigger symptoms like bloating, gas, diarrhea, constipation, and abdominal pain.

Fermentable **O**ligosaccharides **D**isaccharides **M**onosaccharides And **P**olyols (FODMAPs)

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### **STEP 1: Low FODMAP Diet**

Start by replacing high FODMAP foods with low FODMAP alternatives to relieve symptoms. The goal is to achieve noticeable symptom control within 2–6 weeks.

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### **STEP 2: FODMAP Reintroduction**

Continue the low FODMAP diet while gradually reintroducing foods, one FODMAP group at a time (such as fructose, lactose, sorbitol, mannitol, fructans, and GOS). This step (8–12 weeks) helps you pinpoint which FODMAPs you can tolerate and which exacerbate your IBS symptoms.

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### **STEP 3: FODMAP Personalization**

Reintroduce the FODMAPs you tolerate well, while only limiting those that cause issues. The aim is a personalized, minimally restrictive diet that keeps your symptoms in check long-term.

<b>Food Group</b>	<b>High FODMAP Foods</b>	<b>Low FODMAP Alternatives</b>
<b>Vegetables</b>	Onion, garlic, cauliflower	Carrots, zucchini (65g), lettuce
<b>Fruits</b>	Apples, pears, watermelon	Strawberries (5 medium), oranges, kiwi
<b>Dairy &amp; Alternatives</b>	Milk, yoghurt, ice cream	Lactose-free milk, hard cheeses, almond milk
<b>Protein Sources</b>	Legumes, marinated meats	Eggs, tofu, plain cooked meats
<b>Grains &amp; Cereals</b>	Wheat bread, rye bread	Gluten-free oats, quinoa, sourdough spelt bread
<b>Sweeteners &amp; Treats</b>	Honey, high-fructose corn syrup	Maple syrup, dark chocolate
<b>Nuts &amp; Seeds</b>	Cashews, pistachios	Walnuts, peanuts, macadamias

Department of Gastroenterology, 2019, Central Clinical School, Monash University, ABN 12 377 614 012.

Disclaimer: This guide is for informational purposes only. Always consult a healthcare provider before making dietary changes.