

# Challenge Food List & Reintroduction Schedule

## DAY 1

## DAY 2

## DAY 3

### FRUCTOSE

1 spear asparagus (15g)  
*or*  
1.5 tsp honey (10g)

2 spears asparagus (30g)  
*or*  
2 tsp honey (14g)

5 spears asparagus (75g)  
*or*  
1.5 TBL honey (28g)

### LACTOSE

1/4 cup cow's milk (62 ml)  
*or*  
1/2 tub plain yogurt (85g)

1/2 cup cow's milk (125 ml)  
*or*  
1 tub plain yogurt (170g)

1 cup cow's milk (250 ml)  
*or*  
1 cup plain yogurt (200g)

### FRUCTANS (grains)

2/3 cup wheat pasta (99g)  
*or*  
1 slice wheat bread,  
white (26g)

1 cup wheat pasta (148g)  
*or*  
1.5 slices wheat bread,  
white (39g)

1.5 cups wheat pasta (222g)  
*or*  
2 slices wheat bread,  
white (52g)

### FRUCTANS (vegetables)

3 slices of beetroot (31g)  
*or*  
3 Brussels sprouts (57g)

4 slices of beetroot (41g)  
*or*  
4 Brussels sprouts (76g)

6 slices of beetroot (61g)  
*or*  
5 Brussels sprouts (95g)

### FRUCTAN (garlic)

1/4 clove garlic (1g)

1/2 clove garlic (2g)

1 clove garlic (4g)

### FRUCTAN (onion)

1/8 onion (11g)

1/4 onion (22g)

1/2 onion (44g)

### GOS

15 almonds (18g)  
*or*  
1/8 cup green peas (18g)

20 almonds (24g)  
*or*  
1/4 cup green peas (36g)

30 almonds (36g)  
*or*  
1/2 cup green peas (72g)

### SORBITOL

1/4 avocado (40g)  
*or*  
2-3 blackberries (13g)

1/2 avocado (80g)  
*or*  
5 blackberries (25g)

3/4 avocado (120g)  
*or*  
10 blackberries (50g)

### MANNITOL

2 small florets  
cauliflower (17g)  
*or*  
1/2 medium stalk  
celery (19g)

4 small florets  
cauliflower (33g)  
*or*  
1 medium stalk  
celery (38g)

8 small florets  
cauliflower (66g)  
*or*  
1 large stalk  
celery (60g)

Reminder:

Always wait the 3–5 day washout period before moving on to the next FODMAP category/set of challenges.