

FODMAP CHALLENGE JOURNAL

FRUCTOSE

Challenge Food:

Day 1:

Day 2:

Day 3:

LACTOSE

Challenge Food:

Day 1:

Day 2:

Day 3:

OLIGOS - WHEAT

Challenge Food:

Day 1:

Day 2:

Day 3:

OLIGOS - GARLIC

Challenge Food:

Day 1:

Day 2:

Day 3:

OLIGOS - ONION

Challenge Food:

Day 1:

Day 2:

Day 3:

OLIGOS - OTHER

Challenge Food:

Day 1:

Day 2:

Day 3:

POLYOLS - MANNITOL

Challenge Food:

Day 1:

Day 2:

Day 3:

POLYOLS - SORBITOL

Challenge Food:

Day 1:

Day 2:

Day 3:

FODMAP CHALLENGE JOURNAL

GALACTO-OLIGOS (GOS)

Challenge Food:

Day 1:

Day 2:

Day 3:

OTHER CHALLENGE EX. SORBITOL+ FRUCTOSE

Challenge Food:

Day 1:

Day 2:

Day 3:

OTHER CHALLENGE EX. FRUCTANS + GALACTANS

Challenge Food:

Day 1:

Day 2:

Day 3:

OTHER CHALLENGE EX. FRUCTANS + SORBITOL

Challenge Food:

Day 1:

Day 2:

Day 3:

OTHER CHALLENGE

Challenge Food:

Day 1:

Day 2:

Day 3:

OTHER CHALLENGE

Challenge Food:

Day 1:

Day 2:

Day 3:

WEDNESDAY

Notes & Questions: