

# OsteoStrong® FODMAP Gut Reset Plan

Reduce Bloating, Gas & Improve Nutrient Absorption (14–28 Days)

## Objective

Calm gut fermentation, reduce bloating/gas, and restore proper nutrient absorption to support bone and muscle health.

## Phase 1: Elimination (Weeks 1–2)

Strict removal of high-FODMAP foods

### Avoid completely:

- Wheat (bread, pasta, cereals)
- Onions, garlic (biggest triggers)
- Apples, pears, stone fruit
- Dairy (milk, soft cheeses – lactose)
- Legumes (beans, lentils)
- Artificial sweeteners (sorbitol, mannitol)
- Ultra-processed foods & snacks

### Eat freely:

Protein (priority for muscle + bone):

- Beef (grass-fed ideal), pork, lamb, venison, kangaroo,
- Chicken, turkey, fish, eggs, oysters, prawns

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## Low-FODMAP vegetables:

- Spinach, zucchini, carrots
- Cucumber, capsicum
- Green beans

## Low-FODMAP carbs:

- Rice (white best)
- Potatoes
- Oats in moderation - steel cut oats (best), oat groats (even better but less practical), rolled oats (acceptable) – avoid instant and flavoured oats

## Recommended Fats:

- Extra virgin cold pressed olive oil, avocado & macadamia oil
- Butter / ghee
- Coconut oil (small moderate amounts)
- Fish oil (omega 3 supplement)
- MCT Oil (may cause GI upset in some – small amounts)

## Non Recommended Fats:

- **Avoid** all canola, soy, corn, sunflower, vegetable, cottonseed oils

## Key Rules (non-negotiable)

- Keep meals **simple** (protein + veg + carb)
- Avoid “healthy” trigger foods (onion, apple, etc.)
- Eat slowly, chew properly
- No grazing — allow digestion cycles

## What to expect (first 7 days)

- Rapid drop in bloating and gas
- Flatter stomach
- More stable energy

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- Less post-meal discomfort

👉 If no change → likely not just FODMAPs → **highly recommend investigate further**

## Phase 2: Stabilise (Weeks 3–4)

Once symptoms improve:

- Maintain base diet
- Lock in symptom-free baseline
- Focus on:
  - Hydration
  - Protein intake
  - Consistency

## Phase 3: Reintroduction (Week 4+)

**Test by re-adding just one FODMAP food category at a time (every 3 days):**

- Day 1: Small amount
- Day 2: Normal amount
- Day 3: Assess symptoms

Test groups:

- Fructans (wheat, bread, pasta, onion)
- Oligos (bean, legumes, lentils)
- Lactose (dairy and soft cheese)
- Fructose (fruit)
- Polyols (sorbitol foods)

👉 **Identify your personal triggers – THIS IS THE PRIMARY PURPOSE OF THIS DIET**

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## OsteoStrong® Insight

Gas and bloating are not normal digestion — they are signs of poor fermentation and impaired nutrient absorption.

## Why Gut Health matters for bone health

- Reduces gut inflammation
- Improves nutrient **absorption & butyrate production**
- Supports metabolic and hormonal balance
- Creates the nutritional foundation for **effective osteogenic loading**

## Bottom line

Fix the gut → improve absorption → amplify results from OsteoStrong® sessions