Fodmap diet resources

This website has a good review of the whole approach of eliminating foods known to irritate the colon, for 6-8weeks, then re-introducing them one at a time.
https://badgut.org/information-centre/health-nutrition/low-fodmap-diet/
https://badgut.org/information-centre/health-nutrition/plant-based-low-fodmap-diet/
A second website that may offer more information
https://www.dietvsdisease.org/diy-low-fodmap-diet/
I have attached a screenshot of the Australian App that has been found to be helpful when doing the FODMAP diet.