

Useful FODMAP resources

Australian researchers have pioneered the evidence for managing symptoms of IBS using the low-FODMAP approach. Here are a number of supportive resources for healthcare professionals.

THE MONASH UNIVERSITY LOW FODMAP DIET

The research team at Monash University developed the low-FODMAP diet to control gastro-intestinal symptoms associated with Irritable Bowel Syndrome (IBS). The Monash University website provides a wealth of information about the low-FODMAP diet including education and training, public lectures, resources, research and recipe books.

→ www.med.monash.edu/cecs/gastro/fodmap/



MONASH UNIVERSITY LOW-FODMAP APP



Researchers at Monash University have developed a low-FODMAP app to assist dietitians and patients with dietary management of the low-FODMAP diet. The app which is available on iPhone and Android includes the following:

- Background information about FODMAPs
- A food guide detailing the FODMAP content for hundreds of foods
- A full recipe book including 79 original and nutritious recipes with professional photography
- A shopping list for organising low FODMAP purchases
- A one week challenge to trial and monitor a strict FODMAP diet, with the function to view detailed graphs of symptoms and the end of the week

→ www.med.monash.edu/cecs/gastro/fodmap/app-faq.html

→ iPhone: www.itunes.apple.com/gb/app/monash-university-low-fodmap/id586149216?mt=8

→ Android: www.play.google.com/store/apps/details?id=com.monashuniversity.fodmap

KINGS COLLEGE LONDON



Comprehensive courses for dietitians on how to deliver and implement the low FODMAP diet are available at Kings College London. Delegates gain sound understanding of the evidence and the courses use a variety of teaching methods including case studies, problem-centred learning, role play and formal lectures. Low FODMAP written dietary resources based on current FODMAP research relevant to the UK food supply with user friendly colour coding are available for any registered dietitian to purchase. Further information about KCL FODMAPS research, education and clinical practice is available at:

→ www.kcl.ac.uk/fodmaps