



Low-FODMAP diet for individuals with Irritable bowel syndrome. Feasibility and cost-effectiveness of nutritional therapy

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Irritable bowel syndrome

- IBS is a chronic deficit in the digestive tract
 - Characterized as abdominal pain, bloating, flatulence and altered bowel function
 - Cause of IBS is not known
- Diagnosed from clinical symptoms based on Manning or Rome criteria
- No treatment to cure IBS only to improve symptoms



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Chey et al., 2015; Saha, 2014; Olafsdottir et al., 2012; Suares & Ford, 2011; Schmulson & Drossman, 2017



The effect of diet as a treatment for IBS

- Certain food can lead to gastrointestinal symptoms
 - Gas, diarrhea, bloating, constipation and discomfort
- Symptoms due to malabsorption of carbohydrate
 - Lead to fermentation in the bowel which leads to gland formation
 - Results in increased abdominal expansion, convulsive abdominal pain, bloating and diarrhea



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Bohn et al., 2006; Gibson, 2017; Monsbakken et al., 2006; Niec, Frankum, & Talley, 1998; Gibson & Shepherd, 2012



Low-FODMAP diet

- Low-FODMAP diet improves symptoms
- Have clinical effect on symptoms
- The goal of the diet is to eliminate foods that contain high-FODMAP's for 4-8 weeks
- Re-introduce high-FODMAP's to the diet and evaluate symptoms
 - Personalized which high-FODMAP's lead to symptoms



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Gibson & Shepherd, 2012; Bohn et al., 2015; Eswaran et al., 2016; Straudacher et al., 2011;



Methodology

- Randomized trial evaluating low-FODMAP diet for individuals with Irritable bowel syndrome
- Follow low FODMAP diet for 4 weeks
 - n=70
 - IBS-Severity Scoring System (IBS-SSS)
 - Quality of life questionnaire
 - Food diary for four days
 - Stool diary – Bristol stool chart



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Intervention group

- 3 sessions of nutrition therapy
- Material in Icelandic about Low-FODMAP diet
- Low-FODMAP menu
- Low-FODMAP recipes

Control group

- Information where to read about Low-FODMAP diet on the internet
- After the study
 - Get nutrition therapy
 - Same material as intervention group got



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