

## **The FODMAP Diet – History, Efficacy, Implementation, Precautions and other application**

Worldwide, diet has taken centre stage as a therapy for irritable bowel syndrome (IBS), a shift largely driven by the medical and dietetic community's uptake of the FODMAP diet. FODMAP is an acronym (Fermentable Oligo- Di- and Mono-saccharides And Polyols) that represents a group of short-chain carbohydrates: lactose, excess fructose, fructans / fructo-oligosaccharides (FOS), galacto-oligosaccharides (GOS), sorbitol and mannitol. This highly effective, 3 phased diet therapy reduces gastrointestinal symptoms in ~70% of IBS sufferers [1], as shown in RCTs by our team and other groups around the world. The FODMAP diet is now considered a part of standard dietetic practice [2], and recommended in expert reviews and clinical guidelines [2, 3]. The innovative work from our team has facilitated the translation of this research knowledge into practice via scientific publications, online health professional training, a food certification program, a large social media following, and a highly successful mobile application that is now downloaded in over >130 countries worldwide.

### **This symposium will introduce you to:**

- The origins of the FODMAP concept;
- Evidence supporting the efficacy of this diet as a therapy for IBS;
- Practical aspects of implementing the 3 phases of this diet
- The South African experience in using the FODMAP diet
- The validity of cautions and concerns raised regarding the impact of this diet
- Other applications of the FODMAP diet, including among breastfeeding mothers of infants with colic, athletes and women with endometriosis.