



**Nutrition
Professionals
Australia**

*solutions for
a healthy life*

Nutrition and IBS

Irritable??

Do you suffer from symptoms of irritable bowel syndrome, for example wind, pain, bloating, diarrhoea and or constipation? **You may have a food intolerance.** Irritable bowel and food intolerance can also be present in other gut disorders such as coeliac disease, crohns disease or colitis.

Dietary triggers

A variety of foods have been identified as possible triggers in people with irritable bowel symptoms. They can include:

- ◆ Fatty foods
- ◆ Caffeine
- ◆ Fermentable sugars (FODMAP™- Fructose, Lactose, Fructans, Galactans (eg raffinose) and polyols)
- ◆ Excess Fibre
- ◆ Some natural and added food chemicals.

Dietary exclusions

A dietitian can work with you to determine if there are any dietary triggers for your symptoms. Your dietitian will help you to exclude certain foods in a systematic way to determine which triggers are the most likely to be a problem for your individual situation and make sure your diet remains balanced. You may be asked to exclude a group of foods eg. FODMAP™, or fatty foods or to trial an elimination diet then re-introduce one type of food at a time. You will be asked to keep a careful food and symptom diary in this time.

Your dietitian will keep in contact with your GP or gastroenterologist to update them on progress with the dietary changes you are trialling.

Nutrition Professionals Australia

Nutrition Professionals Australia is a leading group of experienced Accredited Practising Dietitians providing nutrition solutions for individuals and organisations. Nutrition Professionals Australia have a number of dietitians with expertise in treating clients with gastrointestinal symptoms. NPA are currently the largest dietetic practice in Australia and we consult at locations across Adelaide. Individual consultations are GST free and are covered by most private health insurers – extras cover.

To make an appointment at one of our locations:

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