

## A Low FODMAP Diet for IBS

**Date: 31 January 2019**

**Venue: BDA, Birmingham**

**Facilitator: Mairi Huntley**

### Aim

This course is designed for both band 6 and 7 dietitians who have previously taken part in the Irritable Bowel Syndrome – Dietetic Management and Symptom Control course, or those with some experience in IBS who are looking to further their skills and dietetic practice and who wish to understand the main principles of the low FODMAP diet.

### Day 2 Learning Outcomes

- Explain the background to low FODMAP diet
- Describe the mechanisms of action of FODMAPs
- Explain the principles of the low FODMAP diet
- Apply the restriction phase of low FODMAP diet in dietetic practice
- Apply the challenge phase of low FODMAP diet in dietetic practice
- Apply the challenge phase and personalisation phase of the low FODMAP diet.

### Programme:

9:00	Arrival and Refreshments	1.45	Understanding the restriction phase of low FODMAP diet
9:15	Welcome, introductions	2.30	Understanding the Challenge phase of low FODMAP diet
9.30	Context for the day & Ice breaker	3.30	Refreshment break
10.00	Understanding the low FODMAP diet	3.45	Understanding the Personalisation phase of low FODMAP diet
10.45	Refreshment break	4.00	Post course work
11.00	Understanding the restriction phase of low FODMAP diet	4.15	Evaluation & reflection
1.00	Lunch	4.30	Close

### More Information

Please direct queries to:

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