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

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

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

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

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