



The Low FODMAP Diet in Practice

SYDNEY

Sat 20th May 2017

The University of Western Sydney,
Parramatta South Campus, Building EA,
Ground Floor, Lecture Theatre 1, Room 18

BRISBANE

Sat 3rd June 2017

The University of Queensland
St Lucia Campus, Holt Function Room
Building 21C, Level 3

The low FODMAP diet provides effective symptom management in up to 70% of people with Irritable Bowel Syndrome (IBS). This dietary approach is considered current best practice in IBS management and is recommended by the UK National Institute for Health and Care Excellence (NICE) and the British Dietetics Association. FODMAP Friendly, in combination with a range of IBS and FODMAP experts, is running CPD events for health professionals about the low FODMAP diet that meets the requirements for CPD with AHPRA, DAA (assessed CPD), NSA, and ANTA. You will learn about critical diagnostic tests and their use, when to recommend a low FODMAP diet, how the low FODMAP diet works, and key resources that can be used to assist patients following a low FODMAP diet.

THE ROLE OF THE LOW FODMAP DIET IN THE MANAGEMENT OF IBS

Professor Martin Weltman, Gastroenterologist & Hepatologist (Sydney) and **Dr James Daveson**, Gastroenterologist (Brisbane).

FODMAP FUNDAMENTALS

Joanna Baker, Accredited Practising Dietitian, Accredited Nutritionist, Registered Nurse, Everyday Nutrition, FODMAP Friendly.

THE PROCESS OF THE LOW FODMAP DIET

Chloe McLeod, Accredited Practising Dietitian, Accredited Sports Dietitian, Accredited Nutritionist, The FODMAP Challenge.

DIAGNOSTIC BREATH TESTING AND HOW TO MANAGE THE PRESENCE OF SIBO

Sarah Fimmel, Registered Nurse, Stream Diagnostics.

RESOURCES TO HELP PEOPLE WHO NEED A LOW FODMAP DIET

Shaynie Ashkenazi, Associate Nutritionist, FODMAP Friendly.

MEETING NUTRIENT NEEDS

Atlanta Miall, Accredited Practising Dietitian, Accredited Sports Dietitian, Accredited Nutritionist, FODMAP Nutrition & Dietetics.

WHAT IF THE LOW FODMAP DIET ISN'T WORKING?

Dr Glenda Bishop, Registered Nutritionist and Neuroscientist, A Less Irritable Life.

Q&A SESSION

SESSION TIMES

Sydney 1:30pm - 5:15pm

[PURCHASE SYD TICKETS](#)

Brisbane 1:30pm - 5:15pm

[PURCHASE BNE TICKETS](#)

FODMAPPED
for you!

ALPINE
BREADS

Simply
Wize

KEZ'S
KITCHEN
FREE

Lewis & Son
BUTCHERY