

# IBS AWARENESS MONTH

AN OVERVIEW OF IBS

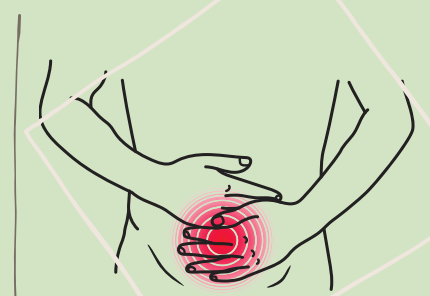


**1 IN 7 PEOPLE HAVE IBS  
IN AUSTRALIA**

Worldwide 10-23% have IBS

## SYMPTOMS CAN INCLUDE:

- Bloating
- Abdominal pain and discomfort
- Wind
- Change to bowel habits (constipation and/or diarrhoea)



**IBS IS MORE COMMON  
IN WOMEN THAN MEN**

It typically first presents before the age of 50

## LOW FODMAP DIET

Helps reduce IBS-type symptoms

- |                          |                          |
|--------------------------|--------------------------|
| <b>F</b> ermentable      | -                        |
| <b>O</b> ligosaccharides | - wheat, rye, onions     |
| <b>D</b> isaccharides    | - milk, yoghurt, custard |
| <b>M</b> onosaccharides  | - honey, apples, pears   |
| <b>A</b> nd              | -                        |
| <b>P</b> olyols          | - apricots, cauliflower  |



## FODMAP FRIENDLY LOGO

Look out for this on food products. This means a product has been low FODMAP tested and suitable when following the low FODMAP diet

## FODMAP FRIENDLY APP

Great Resource for low FODMAP food list and FODMAP Friendly certified foods

Available on the  
**App Store**

ANDROID APP ON  
**Google play**