



I can never eat foods that contain FODMAPs

False! Someone with IBS can still have foods with FODMAPs, IBS is very individualised and can be dose dependent. This is why it is important to work with a Dietitian to find out which foods trigger symptoms.



Stress and anxiety can trigger IBS symptoms

True! Experiencing stress, anxiety and some other psychological disorders can impact the severity of IBS symptoms. Practising mindfulness has been showing promising results in managing and improving IBS symptoms and quality of life.



If I 'cut out' FODMAP foods, my IBS will go away

False! Initially once you eat a low FODMAP diet, your symptoms could improve. Through working with a Dietitian and knowing which FODMAP-containing foods trigger your IBS symptoms, your IBS symptoms may reduce, however you may still have IBS.



Only women have IBS

False! Although IBS is seen more commonly in women, both men and women experience IBS.



A low FODMAP diet is the only treatment

True, a low FODMAP diet is proven to be most effective in treating most IBS-type symptoms. Following the low FODMAP diet 3-phase approach, when IBS is diagnosed, is currently the best for dietary management of IBS. Other strategies can help such as Gut-directed hypnotherapy.

