

What Every RD Needs to Know about FODMAPs

A hands-on interactive workshop for dietitians.

REGISTER TODAY: LIMITED TO 70 PARTICIPANTS!

Provided by: Kate Scarlata, RD, LDN and Patsy Catsos, MS, RD, LD
Friday, May 4, 9 am-3 pm, Great Bay Community College, Portsmouth, NH

The FODMAPs concept, developed in Australia, is gaining momentum in the US as an emerging evidenced-based dietary approach that is effective in managing symptoms in 75% of those who suffer with IBS.

Each participant will receive the most up-to-date information about FODMAPs straight from Australia. Tools for patient education including a copy of IBS – Free at Last!, reproducible patient handouts, and a low FODMAP recipe booklet.

Educational Objectives

- Describe the common characteristics of FODMAPs carbohydrates and how they act in collective manner to trigger IBS symptoms.
- List prominent food sources of FODMAPs in the US diet.
- Create a FODMAPs nutrition care plan for an IBS patient.
- Instruct a patient on the details of a FODMAPs elimination diet, including the challenge phase, using tools provided at the workshop.

Schedule of Events

8:30-9:00 AM Registration

9:00-9:45 FODMAPs: Efficacy, Food Composition and New Research

- *What are FODMAPs and how do they cause symptoms of IBS?*
- *Do low FODMAPs diets work? What's the evidence?*
- *What foods in the US diet contain measurable FODMAPs?*
- *What foods are low in FODMAPs?*
- *New cutoffs levels*
- *Fiber without FODMAPs*

9:45 AM-11:15 AM Advanced Medical Nutrition Therapy for IBS: Using FODMAP Elimination Diet and Challenge Protocol

- *Identify appropriate patients*
- *Three-visit nutrition care plan*
- *Use standardized language in patient medical records*
- *Teaching tools for the RD*

11:15-12:00 FODMAPs: Pearls for Practice

- *Menu planning, label reading, grocery shopping and recipe modification.*
- *Marketing your IBS practice and getting new referrals.*

12:00 noon-1:00 PM Lunch break and networking

(Sharing marketing ideas: please bring business cards)

1:00-3:00 PM FODMAPs Workshop in Small Groups

- *Case studies and role playing*
- *Menu planning and label reading strategies*
- *Product sampling*

Cost: \$150.00

Cancellations will be refunded minus admin fee of \$25.00 up to 1 week prior to event.

Registration deadline: April 25, 2012.

CPEUs approved: 5 Learning Codes: 5000 5220 3000

This conference is limited to 70 participants!

Sign up early for this very hot topic in nutrition intervention.

Cut here and send in with your payment -----

Payment options: Online: Credit card payments accepted at www.IBSfree.net

By mail: Check payments may be mailed and made out to: Kate Scarlata, RD
11 Pine Street, Medway, MA 02053

Please include the following information with your payment:

Name:

Address:

ADA #

Home/Cell phone:

E-mail address:

Please direct questions to katescarlata@verizon.net or patsycatsos@gmail.com.