

# 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, March 15, 2013** 9 AM-3 PM Laurel, Maryland Holiday Inn Laurel-West 15101 Sweitzer Lane, Laurel, MD 20707

**Friday, April 5, 2013** 9 AM-3 PM Bridgeport, Connecticut Holiday Inn Bridgeport 1070 Main Street Bridgeport, CT 06604

**Thursday, September 26, 2013** 9AM-3 PM, Northwest Community Hospital 800 West Central Road Arlington Heights, IL 60005

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The FODMAP 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 *Monash University's The Low FODMAP Diet, edition 3* (paperback booklet), reproducible patient handouts (PDF), and Low FODMAP recipe booklet (PDF)

## **Educational Objectives** //////////////////////////////////////

- Describe the common characteristics of FODMAP carbohydrates and how they act in collective manner to trigger IBS symptoms.
- List prominent food sources of FODMAPs in the US diet.
- Create a FODMAP nutrition care plan for an IBS patient.
- Instruct a patient on the details of a FODMAP 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 FODMAP diets work? What's the evidence?*
- *What foods in the US diet contain measurable FODMAPs?*
- *What foods are low in FODMAPs?*
- *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

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

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

**Cost: \$175.00**

**Registration deadline 1 week prior to event**

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

CPEUs requested: 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**.....

**Please include the following information with your payment:**

**Name:**

**Address:**

**ADA #**

**Workshop location (select one):**

- Laurel, Maryland
- Bridgeport, Connecticut
- Arlington Heights, Illinois

**Home/Cell phone:**

**E-mail address:**

Payment options: Online: Credit card payments accepted at [www.IBSfree.net](http://www.IBSfree.net)

By mail: Check payments may be mailed and made out to:

Kate Scarlata, RD

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