

FODMAP diet beats general dietary advice for IBS

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(HealthDay)—While both improve gastrointestinal symptoms, the low

Fermentable Oligo-Di-Mono-saccharides and polyols (FODMAP) diet shows greater benefit for patients with irritable bowel syndrome (IBS) than general dietary advice (GDA), according to a study published online Nov. 20 in the *Journal of Gastroenterology and Hepatology*.

Mohammad Javad Zahedi, M.D., from the Kerman University of Medical Sciences in Iran, and colleagues compared the impact of diets on the clinical response in patients with diarrhea subtype of IBS (IBS-D). Participants were randomized to low FODMAP (55 patients) and GDA (55 patients) for six weeks after a 10-day screening period.

The researchers found that after six weeks, the low FODMAP [diet](#) significantly improved overall gastrointestinal symptom scores (P

"Both low FODMAP diet and GDA in [patients](#) with IBS-D led to adequate improvement of [gastrointestinal symptoms](#) for six weeks," the authors write. "However, the low FODMAP diet has greater benefits in IBS improvement."

More information: [Abstract](#)
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