The FODMAP Diet for Irritable Bowel Syndrome
Understand IBS and manage your symptoms, from the FODMAP experts

Are you suffering from IBS and wanting to learn more about the FODMAP diet? The expert team at Monash University has developed an online course to help you better understand your condition and how to safely follow a 3-step FODMAP diet.

This 5-module course is written with patients in mind, so there’s no jargon or complex language. The course covers all the essential topics including:

- The importance of getting an accurate diagnosis of IBS
- What FODMAPs are and where they are found
- How to implement Steps 1, 2 and 3 of the FODMAP diet
- Understanding whether your IBS symptoms are sensitive to FODMAPs
- What to do if your IBS symptoms do not improve on a low FODMAP diet
- Other therapies to help manage IBS symptoms

Interactive elements are incorporated throughout, including videos, infographics, Q&A flip cards, sorting activities and interactive charts.

Visit www.monashfodmap.com/online-training to activate your 10% discount code: EATRIGHT10

Discount offers valid only in the United States.