

Nutritional Approach to Management of Irritable Bowel Syndrome

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Resources

1. Kate Scarlata.com — Blog, recipes, free downloads, digestive tips:
www.katescarlata.com
2. Nutrition Health — University of Michigan Health System:
MyGINutrition.com
3. For a digestive peace of mind — YouTube channel:
https://www.youtube.com/channel/UCDq4-f_BsAKWzfn9yumX5Fg
4. Low FODMAP diet app — Monash University:
<https://www.monashfodmap.com/i-have-ibs/get-the-app/>
5. FODMAP Grocery Guide — iOS app:
<https://itunes.apple.com/us/app/fodmap-grocery-guide/id1220227921?mt=8>