

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

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 #

Home/Cell phone:

E-mail address:

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

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