

**APRIL 16, 2020**

11:00 a.m. - 12:00 p.m. ET

**PROFESSIONAL  
DEVELOPMENT**



Photo via Pixabay, CC0

**Learn how to help  
athletes and active  
military clients that  
desire to limit  
FODMAPs.**

**EVENT LOCATION**

<https://militaryfamilieslearningnetwork.org/event/56495/>

# FODMAPs and Athletes: Current Research and Strategies

This webinar presents the current research on FODMAP consumption by athletes and the use of low-FODMAP nutritional strategies for reducing exercise-induced gastrointestinal symptoms. It also discusses suggested strategies that dietitians can use when helping athletes and active military clients desiring to limit FODMAPs daily and/or surrounding exercise.

**PRESENTER**

**Lauren Killian, PhD**

Lauren Killian received her doctorate in Nutritional Science from the University of Illinois at Urbana-Champaign where she studied nutritional habits and gastrointestinal issues of endurance athletes. Her current work focuses on alternative dietary lifestyles for health and wellness. Dr. Killian currently teaches sports nutrition part-time at Georgia State University and consults for the Consumer Packaged Goods (CPG) industry.

**CONTINUING EDUCATION CREDIT**

This webinar is approved for 1.0 CPEU credit for:

- RDNs
- DTRs

**RSVP TODAY!**



**NUTRITION & WELLNESS**  
Military Families Learning Network