



NUTRITION & WELLNESS

Military Families Learning Network

FODMAPS AND ATHLETES: CURRENT RESEARCH AND STRATEGIES

Thu April 16th: 11:00 am-12:00 pm EDT

Resources

Dealing With Irritable Bowel Syndrome <https://www.triathlete.com/nutrition/training-dealing-with-irritable-bowel-syndrome/>

Irritable bowel syndrome may be underdiagnosed in athletes <https://medicalxpress.com/news/2019-06-bowel-syndrome-underdiagnosed-athletes.html>

Questionnaire on Irritable Bowel Syndrome and Symptom Management Among Endurance Athletes Is Valid and Reliable. <https://www.ncbi.nlm.nih.gov/pubmed/30232638>

Scottsdale Sports Medicine Irritable Bowel Syndrome and Athletes
<http://www.scottsdalsportsmedicine.com/content/irritable-bowel-syndrome-and-athletes>

What to know about the low FODMAP diet <https://www.medicalnewstoday.com/articles/319722>

A Beginner's Guide to the Low-FODMAP Diet <https://www.healthline.com/nutrition/low-fodmap-diet>

The Low FODMAP Diet, MONASH University <https://www.monashfodmap.com/>