Irritable bowel syndrome (IBS) is a common gut disorder affecting 1 in 7 adults. Researchers at Monash University have developed a diet therapy to treat IBS. This diet is based on restricting the dietary intake of certain short chain carbohydrates (named FODMAPs). ‘The Monash University Low FODMAP Diet app’ includes the largest FODMAP database and provides up-to-date information on the dietary management of gastrointestinal symptoms associated with IBS. Use this app in conjunction with advice from your health professional.

All proceeds received by Monash University from the sale of this app will go towards funding further research.

www.med.monash.edu/cecs/gastro/index.html