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[The Low-FODMAP Diet for Children - verywellhealth.com](https://www.verywellhealth.com/the-low-fodmap-diet-for-children-1944673)

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The **low-FODMAP diet** has been shown to be effective in reducing symptoms for many people who have IBS. If your **child** is struggling with IBS or its close diagnostic relative, functional abdominal pain (FAP), you will want to be as informed as possible about the **diet** to assess whether the **diet** might be of help to your **child**.

[IBS and FODMAPs in Children - Low FODMAP Diet](https://www.monashfodmap.com/blog/ibs-in-children)

<https://www.monashfodmap.com/blog/ibs-in-children> ▾

Jun 29, 2015 · If these investigations are normal, your dietitian may recommend a **Low FODMAP Diet**. As with any dietary restriction – even temporary ones like the **Low FODMAP Diet** – it is important to ensure the **diet** remains nutritionally complete, with age-appropriate and adequate (but not excessive) serves of each of the five food groups.

[TNC 030: Low FODMAP Diet for Kids - Jill Castle](https://jillcastle.com/podcast/low-fodmap-diet-kids)

<https://jillcastle.com/podcast/low-fodmap-diet-kids> ▾

Apr 27, 2017 · The **Low FODMAP Diet** for Kids. Kate Scarlata, RD joins me on The Nourished **Child** podcast to talk about the **Low FODMAPS diet** for kids. We dish on what this **diet** is, who it's for (and for whom it isn't), and the best ways to manage Irritable Bowel Syndrome, or IBS, **in children**.

Reviews: 3 Author: Jill Castle

[IBS In Children - Journey Into The Low FODMAP Diet](https://www.lowfodmapdiets.com/ibs-in-children)

<https://www.lowfodmapdiets.com/ibs-in-children> ▾

Posted by Larah Brook Dec 3, 2014 **Low FODMAP Diet** fodmaps, ibs, IBS **in children**, irritable bowel syndrome, **low fodmap**, **low fodmap diet** 4 Comments We know that Irritable Bowel Syndrome (IBS) is not exactly a disease; it is referred to as a functional disorder.

[Should we really be putting children on the low FODMAP diet?](https://rmdietetic.com/.../07/should-we-really-be-putting-children-on-the-low-fodmap-diet)

<https://rmdietetic.com/.../07/should-we-really-be-putting-children-on-the-low-fodmap-diet> ▾

Jun 07, 2016 · Should we really be putting **children** on the **low FODMAP diet**? Posted on June 7, 2016 June 8, 2019 by R&M Dietetic Gastrointestinal complaints are extremely common **in children**, from mild bloating and discomfort to chronic constipation or diarrhoea, reflux and pain.

[7-Day Low FODMAP Diet Plan For IBS \(+Printable PDF\)](https://www.dietvsdisease.org/low-fodmap-diet-plan-for-ibs)

<https://www.dietvsdisease.org/low-fodmap-diet-plan-for-ibs> ▾

• Day #1 Monday. Breakfast: Low FODMAP Blueberry Smoothie. Make a big batch so it's ready to go ...

FODMAP

The term FODMAP is an acronym, derived from "Fermentable Oligo-, Di-, Mono-saccharides And Polyols". They are short chain carbohydrates that are poorly absorbed in the small intestine. They include short chain oligo-saccharide polymers of fructose and galactooligosaccharides, disaccharides, monosaccharides, and sugar alcohols, such as sorbitol, mannitol, xylitol, and maltitol. Most FODMAPs are naturally present in food and the human diet, however, the polyols may be added artificially in commercially-prepared foods and beverages.

 Wikipedia

Higher classifications: [Carbohydrate](#) · [Dietary carbohydrates](#)

Data from: [Wikipedia](#) · [Freebase](#)

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Name of Journal: *World Journal of Clinical Cases*

Manuscript NO: 48453

Manuscript Type: MINIREVIEWS

Low FODMAP diet in children

Fodor I *et al.* FODMAP in children

Ioana Fodor, Sorin Claudiu Man, Dan L Dumitrascu

Abstract

Irritable bowel syndrome (IBS) is a lifelong condition with a high prevalence among children and adults. As the diet is a frequent factor that triggers the symptoms, it has been assumed that avoiding the consumption of Fermentable Oligosaccharides, Disaccharides and Monosaccharides and Polyols (FODMAP), the symptoms might be improved. Therefore, in the past decade, low FODMAP diet has been intensively investigated in the management of IBS. The capacity of FODMAPs to trigger the symptoms in patients with IBS was related to the

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The Low-FODMAP Diet for Children - Verywell Health

<https://www.verywellhealth.com> > ... > Irritable Bowel Syndrome > Nutrition ▾ [翻译此页](#)

2019年1月28日 - The low-FODMAP diet is based on the theory that certain carbohydrates, collectively known as FODMAPs, exacerbate **digestive symptoms** in people who have **IBS**. FODMAPs stands for Fermentable, **Oligo-**, Di-, Mono-saccharides, and Polyols. FODMAPs are found in many common foods.

The roadmap to FODMAP for children with irritable bowel syndrome ...

<https://www.texaschildrens.org/.../roadmap-fodmap-children-irritable-bowel-...> ▾ [翻译此页](#)

2017年11月6日 - In children with **IBS** it has been shown that a low FODMAP diet **decreases** the number of **abdominal pain episodes**. There is a general **consensus** that up to 75 percent of those with **IBS** who go on a low FODMAP diet significantly improve. However this means approximately 25 percent will not benefit.

Adapting the low FODMAP diet to special populations: infants and ...

<https://www.ncbi.nlm.nih.gov/pubmed/28244674> ▾ [翻译此页](#)

作者: M Iacovou - 2017 - 被引用次数: 10 - 相关文章

J Gastroenterol Hepatol. 2017 Mar;32 Suppl 1:43-45. doi: 10.1111/jgh.13696. Adapting the **low FODMAP diet** to special populations: infants and **children**.

The low FODMAP diet in children - A blog by Monash FODMAP | The ...

<https://www.monashfodmap.com/blog/low-fodmap-diet-kids/> ▾ [翻译此页](#)

2015年11月12日 - Researchers found that after just **two days** children experienced less **abdominal pain** on the low FODMAP diet, compared to when they ate the higher FODMAP diet. Whilst a **lot** of research supports the use of a low FODMAP diet in **adults** with **IBS**, very little research has been done in children.

A Low FODMAP Diet for Children | FODY Foods Co.

<https://www.fodyfoods.com/blogs/news/back-to-school-routine> ▾ [翻译此页](#)

It's that time again! Get your **kids** ready for class with our tips and tricks on a **low FODMAP diet** made for **children** with IBS or similar symptoms.