

EFFECTIVENESS OF A LOW HISTAMINE DIET IN PATIENTS WITH IRRITABLE BOWEL SYNDROME: A CLINICAL STUDY

Darina Naydenova

UEG Week Berlin 2025

Poster

Colorectal

October 4, 2025

A randomized study of 120 IBS patients meeting ROME IV criteria found that a 4-week low-histamine diet produced statistically significant symptom improvement and may represent a viable alternative to the FODMAP diet.

KEY POINTS

- The study compared three dietary interventions in 120 IBS patients: low-histamine diet, FODMAP diet, and Mediterranean diet, with assessments at baseline, post-intervention (4 weeks), and one-month follow-up
- All three diets produced statistically significant improvements in IBS symptoms compared to baseline, with the low-histamine diet showing $t = 9.6181$, $p < 0.001$; low FODMAP diet $Z = 22$, $p < 0.001$; and Mediterranean diet $Z = 119$, $p < 0.001$
- The authors conclude that the low-histamine diet shows promising results and may serve as a viable alternative to the FODMAP diet in IBS management
- Outcome measures included validated questionnaires for stress (PSS-4), anxiety (GAD-7), IBS severity (IBS Severity Score), and quality of life

VIEW THIS CONTENT ON GUTFLIX

<https://gutflif.eu/search/d/fe875ebe-a812-11f0-91dc-0242ac140006>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.