

SPECIFIC FOODS ASSOCIATED WITH GASTROINTESTINAL SYMPTOMS IN IRRITABLE BOWEL SYNDROME AND FUNCTIONAL DYSPEPSIA

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Poster

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An online survey of 220 Swedish adults with IBS and/or functional dyspepsia found that foods associated with Western diets were most commonly reported as symptom triggers, while foods associated with healthy dietary patterns were better tolerated.

KEY POINTS

- Pizza, crisps, confectionery, ice cream, white bread, dairy, and french fries were the most frequently reported food triggers across both IBS and functional dyspepsia.
- Hard bread, fish and shellfish, berries, nuts, and seeds were least commonly reported to cause gastrointestinal symptoms.
- White bread was reported to cause symptoms more often than whole grain bread, and FODMAP-rich vegetables such as onion, garlic, beans, cauliflower, and cabbage were more often reported as triggers in IBS compared with functional dyspepsia.
- Having overlapping IBS and functional dyspepsia increased the prevalence of foods considered to cause symptoms.
- This survey-based study may be most relevant to clinicians counseling patients with IBS or functional dyspepsia on dietary modifications.

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