

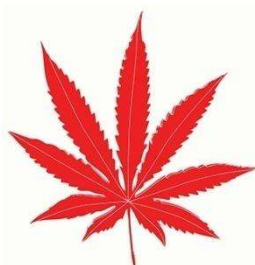


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

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Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

ALLERGEN SENSITIVITY TO FODMAPS (FERMENTABLE, OLIGO, DI, MONOSACCHARIDES, AND POLYOLS)

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Abstract

The prevalence of irritable bowel syndrome (IBS) is about one in seven people worldwide. Everyone is aware of some of the common food allergens and intolerances. Foods from practically all of the major food groups are included in the FODMAP category. These have short-chain carbs, which do not absorb well in the small intestine and frequently pass undigested into the large intestine. It became food for the bacteria in the gut, which produce the gas that makes people feel bloated and queasy. Studies show that it might be intolerable for some people, produce severe diarrhea and discomfort, and start interfering with their daily activities. The only way to solve this problem is to eat a low FODMAP diet. Apples, honey, milk, beer, bread, and lentils are a few examples of common FODMAP foods that can cause an adverse reaction. The clinical research on the management of irritable bowel syndrome (IBS) with dietary limitation of fermentable oligosaccharides, disaccharides, monosaccharides, and polyols is compiled in this review. According to different researches, following the diet, up to 86% of IBS patients report relief in both overall gastrointestinal symptoms and specific symptoms such as abdominal pain, bloating, constipation, diarrhea, abdominal distention, and flatulence.

Keywords: allergens, sensitivity, gastrointestinal diseases, FODMAP, carbohydrates.

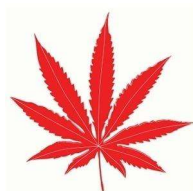
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The authors declare no competing interests

Additional information is available at the end of the article.

Declaration

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