

The Role of Diet in Managing Irritable Bowel Syndrome

Choose the ONE best answer to the following questions.

- 1) Known mechanisms whereby FODMAP carbohydrates can induce symptoms in irritable bowel syndrome include all of the following EXCEPT:
- a) Gas production
 - b) Inflammation
 - c) Visceral hypersensitivity
 - d) Allergy
 - e) Fermentation

Answer: D

- 2) Response to a low FODMAP diet may be impaired in the presence of low activity of:
- a) Lactase
 - b) Aldolase
 - c) Sucrase
 - d) Trehalase
 - e) Glucoamylase

Answer: C

- 3) The following foods have been recognized in a number of studies as causing irritable bowel symptoms through allergic mechanisms EXCEPT:
- a) Wheat
 - b) Milk
 - c) Tree nuts
 - d) Soy
 - e) Eggs

Answer: C