

AGA clinical practice update on the role of diet in irritable bowel syndrome: expert review.

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Chey WD, Hashash JG, Manning L, Chang L. AGA clinical practice update on the role of diet in irritable bowel syndrome: expert review. Gastroenterology. 2022 May;162(6):1737-1745.e5. [60 references] [PubMed](#)

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Overview

Guideline Objective

To provide best practice advice statements, primarily to clinical gastroenterologists, covering the role of diet in irritable bowel syndrome (IBS) treatment

Patient Population

Patients with IBS

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Guidance on dietary advice, restrictive diet interventions, referral to a registered dietitian nutritionist (RDN), and preparation of individualized nutrition care plans
- Use of soluble fiber, low-FODMAP diet (LFD), and gluten-free diet
- Guidance on use of biomarkers to predict response to diet interventions

Note: Full recommendation statements have not been provided because this guideline does not meet [EGT's systematic review of the evidence criteria](#). Refer to the [original guideline](#) for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

No supporting documents available.

Implementation Tools

- [Related Education in AGA University](#).

Patient Education

- [Irritable Bowel Syndrome \(IBS\)](#).

Note: This patient information is intended to help patients better understand their health and their diagnosed disorders. Patients and their representatives should still consult with a licensed health care professional for evaluation of treatment options as well as answers to their personal medical questions.

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