



Effects of a Gluten-Free Diet and a Low-FODMAP Diet on Irritable Bowel Syndrome

Guest Editors:

Dr. Valentina Discepolo

European Laboratory for the Investigation of Food Induced Disease (ELFID), University Federico II, Via Pansini 5, 80131 Naples, Italy

Dr. Marina Russo

Department of Chemistry Biological Pharmaceutical and Environmental Sciences, University of Messina, Viale Annunziata, 98168 Messina, Italy

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Message from the Guest Editors

Irritable bowel syndrome (IBS) is a functional gastrointestinal disorder (FGID), of which the prevalence has widely increased within the pediatric population over the past two decades.

Most IBS patients report gastro-intestinal (GI) symptoms in relation with food consumption, although a cause-effect relationship between the ingestion of a specific food and the onset of symptoms is often difficult to prove, particularly in children. In the absence of reliable diagnostic tests, empirical dietary regimes that employ restrictions of certain foods are often indicated in the absence of a proven alternative diagnosis, including celiac disease, malabsorption or food allergies. Therefore, it is of great importance to have a deep understanding of the evidence behind each dietary recommendation given to children in order to design personalized treatment plans.

The aim of this Special Issue is to provide an update on the state of the art of the role of diet in the context of IBS, with a particular focus on evidence that supports or discourages a gluten-free diet and/or a low-FODMAP diet in children and adults with IBS.





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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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MDPI, St. Alban-Anlage 66
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