



History:

Received: June 16, 2019
Reviewed: June 20, 2019
Accepted: June
First Published:
Collection year: 2019
Status: Pending

Identifiers and Pagination:

Year: 2019
Volume: 4
First Page: 16
Last Page: 17
Publisher Id: AdvFoodNutrSci.4.16
DOI: <http://dx.doi.org/10.21065/AdvFoodNutrSci.4.16>

Corresponding author:

Kinza Awan. Department of Food Science and Technology, Faculty of Science and Technology, University of Central Punjab, Lahore, Pakistan.
P:
E: kanza.awan@ucp.edu.pk

Citation:

Wajiha S. Catch Out The Zinc Paucity in Different Considerations: Family Systems, Blood Groups, Life Stages, Socio-Economic Status and Physical Activity of Undertakes. Adv Food Nutr Sci. Vol. 4. 2019. p 16-17.

Funding:

The authors received no direct funding for this research.

Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.

Conference Abstract

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

Areeba Irfan¹, Kanza Aziz Awan^{1*}, Sanabil Yaqoob¹, M. Sajid Manzoor¹, Waleed Sultan¹, Dania Irfan¹, Zakia Akram¹, Shoaib Younas¹, Ayesha Murtaza¹

Department of Food Science and Technology, Faculty of Science and Technology, University of Central Punjab, Lahore, Pakistan

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.



© 2019 The Author(s). This open access article is distributed under a Creative Commons Attribution (CC-BY) 4.0 license.

You are free to:

Share — copy and redistribute the material in any medium or format

Adapt — remix, transform, and build upon the material for any purpose, even commercially.

The licensor cannot revoke these freedoms as long as you follow the license terms.

Under the following terms:

Attribution — You must give appropriate credit, provide a link to the license, and indicate if changes were made.

You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

No additional restrictions

You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits