

## Special Dietary Requirements – STUDENT’S ROLE

### *Managing IBS Symptoms with FODMAPs*

STUDENTS ARE RESPONSIBLE TO:

1. Review and understand how FODMAPs assist in IBS symptom management and what food items contain FODMAPs – see educational handout.
  - Working with a registered dietitian will improve understanding of FODMAPs and better identify food triggers of IBS symptoms. On-campus dietitian services are available at [Student Wellness Services](#).
  
2. If ingredient lists (recipe cards) are available at eatery locations, these will provide the most up to date information. It is the student’s responsibility to review and make an informed decision.
  - For additional ingredient clarification, please review documents provided on FODMAP initiative webpage. However, we cannot guarantee the accuracy of all ingredient information, as recipes do change.
  
3. Ask managers/chefs for the most up-to-date, accurate information regarding ingredient contents. Meetings can be arranged with hospitality managers for special dietary requirements and further direction within hospitality services.
  
4. For more on-campus resources regarding FODMAPs and IBS, check-out *Take the Stress out of IBS* workshops offered through [Health Services](#).

*For more information, please contact:*

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**Note:** The provided list of FODMAP ingredients is not inclusive for all eateries on campus and may not be accurate as recipes are subject to change. In addition, the potential does exist, that food manufacturers may change their formulation or manner of processing without our knowledge. We do not guarantee the accuracy of ingredient information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. Customers with concerns need to be aware of these risks. University of Guelph Hospitality Services will assume no liability for any adverse reactions that may occur in the dining facility. Please be advised, all Hospitality Services chefs are available to answer any food related questions and inquiries.