



# Endorsed resource - British Dietetic Association (BDA)

Implementation support

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## Food Fact Sheet: Irritable Bowel Syndrome and Diet

The [British Dietetic Association](#) has produced a [Food Fact Sheet](#) that supports recommendations relating to dietary and lifestyle advice for IBS in the NICE guideline on [irritable bowel syndrome in adults](#) and quality standard for [irritable bowel syndrome in adults](#).

This resource should not be used by people aged under 18 years.

The information and links in this resource to food allergy are beyond the scope of the NICE guideline and quality standard.

### Disclaimer:

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