

## American Journal of Lifestyle Medicine (AJLM) CME/CE Article Quiz Volume 16, Issue 5

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### Instructions

1. AJLM CME/CE Articles and Quizzes are offered online only through the American College of Lifestyle Medicine and are accessible at [lifestylemedicine.org/store](http://lifestylemedicine.org/store). ACLM Members can enroll in the activity, complete the quiz, and earn this CME/CE for free. Non-members will be charged \$40 per article. This CME/CE opportunity is available and expires September 1, 2025.
2. A Passing score of 80% or higher is required in order to be awarded the CME/CE credit.

**Article:** Dietary Modification for the Restoration of Gut Microbiome and Management of Symptoms in Irritable Bowel Syndrome

**Authors:** Thomas A, Thomas A, Butler-Sanchez M.

**Learning Objectives:** After studying the article you will be able to:

1. Describe recommendations for management options for irritable bowel syndrome (IBS)
2. Recognize fermentable oligosaccharides, disaccharides, monosaccharides, and polyols (FODMAP) containing foods
3. Describe the phases of implementing a low-FODMAP diet
4. Identify IBS dietary management strategies that have the highest quality of evidence supporting their use

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This activity has been approved by the Commission on Dietetic Registration for 1.0 CPEUs.

The American Board of Lifestyle Medicine has approved 1.0 maintenance of certification credit for this learning activity.

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1. **A 35-year-old female has a history of irritable bowel syndrome (IBS) and wants to improve her symptoms through dietary modification. You recommend she consume a diet high in \_\_\_\_\_ to improve the health of her microbiome.**
  - a. Carbohydrates
  - b. Fat
  - c. Fiber-rich foods
  - d. Protein
  
2. **In addition to dietary modification, other management strategies that are *specifically* recommended by the American College of Gastroenterology (ACG) and Canadian Association of Gastroenterology include:**
  - a. Acupuncture
  - b. Cognitive Behavioral Therapy
  - c. Nutraceuticals
  - d. Yoga
  
3. **Which of the following would be considered a low-fermentable oligosaccharides, disaccharides, monosaccharides, and polyols (FODMAP) substance?**
  - a. Fructose
  - b. Glucose
  - c. Lactose
  - d. Sorbitol
  
4. **A 25-year-old female with a history of IBS is trying a low-FODMAP diet to help manage her IBS symptoms. She has noted improvement in her symptoms after 4 weeks of FODMAP restriction. What do you recommend she do next?**
  - a. Advise her to stop avoiding FODMAP foods, as this can lead to nutritional deficiencies
  - b. Continue with this phase for another 4 weeks
  - c. Gradually introduce FODMAP foods and monitor for symptoms
  - d. Work with a dietitian to find substitutions for FODMAP foods
  
5. **Which of the following dietary options has the highest quality of evidence according to the ACG for the management of symptoms in IBS?**
  - a. Consuming a low-FODMAP diet
  - b. Using peppermint oil
  - c. Using probiotics
  - d. Using soluble but not insoluble fiber