Quick Bites: Tips From GI Dietitians

Quick Bites is a three-week series that provides clinically useful tips for healthcare professionals focusing on common GI conditions. These 30-minute lectures are designed to fit into your busy schedule.

September 3 — Dietary Interventions to Manage Bloating
Janelle Smith, MS, RDN, CEDRD
- How to identify food triggers of gas and bloating using an abbreviated diet recall
- Basic diet modifications to reduce bloating and how to instruct your patients
- Evidence-based dietary supplements to treat bloating

September 10 — Investigating Indigestion: A Dietitian’s Perspective
Natalie Manitius, MPH, RDN
- Quick diet tools and strategies for managing dyspepsia
- Supplements to consider for your functional dyspepsia patients

September 17 — A Guide to Food and Supplements for Altered Bowel Habits
Nancee Jaffe, MS, RDN
- Dietary and supplemental fiber mystery revealed
- How to navigate the labyrinth of fiber supplements with your patient
- Other supplements to consider for constipation and diarrhea

uclahs.zoom.us/j/94158173849
Meeting ID: 941 5817 3849
Password: 6t&Pje

September 3, 10, 17, 2020
12:30-1pm
Add to your calendar by opening attachment

uclahealth.org/gastro/nutrition