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**DDW 2017 Booth #3304**

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**DDW 2017 Booth #3403**

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**Nestlé Health Science EXPANDS its Gastro Girl “Ask the Registered Dietitian” program to Educate Physicians, Patients on Low FODMAP Diet and GI Nutrition at Digestive Disease Week 2017**

*Attendees invited to “Ask the Registered Dietitian” and Low FODMAP Diet book signing events at DDW May 6-9 in Chicago.*

**Chicago, IL (May 4, 2017)** Gastro Girl Inc. today announced that Nestlé Health Science is expanding its support of Gastro Girl’s mission to empower GI patients between doctor visits with online access to evidence-based information and dietary and nutritional expertise and coaching. Through Gastro Girl’s network of registered dietitians, Nestlé Health Science is supporting the “Ask a Registered Dietitian” educational initiative, which continues its industry engagement at Digestive Disease Week (DDW) at McCormick Place in Chicago, IL May 6-9.

DDW is the largest annual event in the world of physicians, researchers and industry in the fields of gastroenterology, hepatology, endoscopy and gastrointestinal surgery.

**DDW 2017 attendees are invited to visit the Gastro Girl Booth (#3304)** to ask featured Gastro Girl Dietitians Danielle Capalino, MSPH, RD, and Kate Scarlata, RDN, LDN, their questions related to the low FODMAP diet and GI nutrition. Danielle and Kate will provide educational insight on the efficacy of the low FODMAP diet for patients with GI health symptoms and conditions, like irritable bowel syndrome (IBS).

Patients can also participate in the “**Ask a Registered Dietitian**” program online via the Gastro Girl Patient Support Community, where featured Gastro Girl dietitians will answer questions related to the low FODMAP diet and GI nutrition. Registration is free.

In addition, **attendees can visit the Nestlé Health Science Booth (#3403)** to learn about nutrition and engage with thought leaders on the low FODMAP diet. We are excited to announce two book signing giveaway events during the meeting. Patsy Catsos, MS, RDN, LD will provide signed copies of her new book, *The IBS Elimination Diet and Cookbook* on Monday, May 8<sup>th</sup> from 12:30-2:00pm. Danielle Capalino, MSPH, RD will provide signed copies of her new book, *Healthy Gut, Flat Stomach* on Tuesday, May 9<sup>th</sup> from 12:30-2:00 pm.

Attendees can also learn about low FODMAP resources, including the informational site, [LowFODMAPcentral.com](http://LowFODMAPcentral.com), a unique comprehensive online resource offering information and printable guides about FODMAPs and a Low FODMAP Diet. The [LowFODMAPCentral.com](http://LowFODMAPCentral.com) website has been developed by Nestlé Health Science to support both the consumer seeking more information about a Low FODMAP Diet and the healthcare professional looking to build knowledge and practice tools.

In addition, attendees can learn more about ProNourish™ Low FODMAP Nutritional Drink ([www.pronourish.com](http://www.pronourish.com)), with 15 grams of protein plus 25 vitamins and minerals, and which is specially formulated without high FODMAP ingredients that may trigger digestive discomfort. Educational resources and samples of ProNourish™ drinks, including the new Chocolate flavor, will be available at the booth.

### **What are FODMAPs?**

FODMAPs is an acronym for Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols, which classifies specific types of short-chain carbohydrates that can be poorly absorbed in the small intestine, resulting in severe abdominal pain, bloating, constipation and/or diarrhea and excess gas in some people. Research shows that a diet low in FODMAPs can help reduce gastrointestinal symptoms. The efficacy of the low FODMAP diet is supported by more than 30 clinical studies.<sup>1, 2</sup>

### **About Gastro Girl:**

Gastro Girl is the leading go-to resource for patients with gastrointestinal health symptoms and conditions and an official partner of the American College of Gastroenterology. The platform supports patients between office visits with access to registered dietitians, psychologists and health coaches with specialized GI nutrition expertise, an online community led by digestive health experts, tools and resources. The platform offers providers a comprehensive cloud telehealth suite that includes secure video, end-to-end practice management tools like scheduling, document sharing and billing, and other capabilities and workflow solutions designed for virtual patient engagement. Learn more at [gastrogirl.com](http://gastrogirl.com). Follow on Twitter [@gastrogirl](https://twitter.com/gastrogirl).

### **About Nestlé Health Science**

Nestlé Health Science, a wholly-owned subsidiary of Nestlé, is a health-science company engaged in advancing the role of nutrition therapy to change the course of health for consumers, patients and its partners in healthcare. Nestlé Health Science's portfolio of nutrition solutions, diagnostics,

devices and drugs targets a number of health areas, such as inborn errors of metabolism, pediatric and acute care, obesity care, healthy aging, and gastrointestinal and brain health. Through investing in innovation and leveraging leading edge science, Nestlé Health Science brings forward innovative nutritional therapies with clinical, health economic value and quality of life benefits. Nestlé Health Science employs around 3,000 people worldwide and is headquartered in Epalinges (near Lausanne), Switzerland. For more information, please visit [www.nestlehealthscience.us](http://www.nestlehealthscience.us)

1. Mansueto P, Seidita A, D'Alcamo A, Carroccio A. Role of FODMAPS in Patients with Irritable Bowel Syndrome. *Nutrition in Clinical Practice*. 2015;30:665-82.
2. Halmos EP, Power VA, Shepherd SJ, Gibson PR, Muir JG. A Diet Low in FODMAPs Reduces Symptoms of Irritable Bowel Syndrome. *Gastroenterology*. 2014;146:67-75.

### **Related Resources**

[American College of Gastroenterology Patient Education & Resource Center](#)

[Digestive Health Insights – E-Newsletter from ACG and Gastro Girl](#)

[LowFODMAPcentral](#)