

List of Freelance FODMAP-trained dietitians in Ireland

The Symptoms of IBS (Irritable Bowel Syndrome) include bloating, abdominal pain, flatulence, excessive burping, constipation or diarrhoea.

The Low FODMAP dietary approach has been scientifically proven to help relieve IBS and has applications with other digestive complaints e.g. Inflammatory Bowel Disease. The high success rates are only seen when the diet is delivered and under guidance of a Low FODMAP trained Dietitian. Health professionals and the latest medical guidelines recommend that any trial of exclusion diet should only be undertaken under the supervision of a trained Dietitian.

Below is a list of Dietitians who undertook advanced training regarding the Low FODMAP diet at Kings College London or The Bon Secours Hospital in Cork.

Ellen Roche – Kilkenny, Wexford, Carlow & Tipperary

Business name: Nutri Vive Nutrition Clinic

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Niamh O'Connor - Cork

Business names: Cork Nutrition Consultancy

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Dara Morgan - Louth

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Aoife Hearne – Waterford & Tipperary

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Paula Mee - Dublin

Business name: Paula Mee Nutrition Consulting

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Dr. Kevina Cardiff - Dublin

Business name: Pure Nutrition
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Maeve Gacquin – Galway

Business name: Maeve Gacquin Nutrition Consulting
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Orla Walsh – Dublin & Longford

Business name: Orla Walsh Nutrition
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Lorraine Cooney – Dublin, Tipperary, Westmeath

Business name: Real Life Nutrition
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List compiled by Ellen Roche Dietitian, 27th January 2014.

All Dietitians listed are members of the Irish Nutrition & Dietetic Institute (INDI) & Self-Employed Dietitians of Ireland (SEDI)