

CDHF AND FODY FOODS PARTNER TO SUPPORT CANADIANS WITH IBS

Fody Foods Receives Canadian Digestive Health Foundation (CDHF) Certification, Reinforcing Commitment to IBS-Friendly, Low FODMAP Options

- Canada has one of the highest prevalence rates of irritable bowel syndrome (IBS) in the world, estimated at 18%, compared to the global average of 11%.
- More than 70% of individuals with IBS indicate that their symptoms interfere with everyday life.
- The low FODMAP elimination diet is associated with an improvement in gut symptoms in up to 80% of people with IBS.

Toronto, ON, May 7, 2024 - The Canadian Digestive Health Foundation (CDHF) is proud to announce its collaboration with Fody Foods, a company specializing in food products designed to meet the specific needs of individuals with irritable bowel syndrome (IBS). This partnership aims to educate Canadians on the importance of diet as a first-line approach to managing IBS and to support individuals following a low FODMAP diet. The low FODMAP diet is a dietary approach that temporarily eliminates the consumption of fermentable carbohydrates (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols), which can trigger digestive symptoms in individuals with IBS. Fody's low FODMAP-certified products are specially formulated for individuals with digestive sensitivities and are less likely to trigger symptoms like bloating, gas, and abdominal pain.

As part of this collaboration, Fody Foods proudly displays the CDHF Certified Symbol of Distinction, which indicates that the Foundation acknowledges Fody's commitment to meeting the highest standards of product quality and integrity. CDHF certification was created to help the public and healthcare professionals make informed choices. The CDHF Certified Symbol of Distinction is a reassurance that products bearing the symbol can be trusted to have met a standard of safety and efficacy. For every product bearing the CDHF Certified Symbol of Distinction, CDHF reviews the body of evidence associated with the ingredients of a specific



product that claims to produce a specific outcome. This certification underscores Fody Foods' dedication to empowering individuals to savour every bite, free from the worry of discomfort. Fody products that are now CDHF certified for being clinically proven to be low FODMAP include the bestselling [Mild Salsa](#), [Medium Salsa](#), [Tomato Basil Pasta Sauce](#) and [Marinara Pasta Sauce](#).

“The journey to IBS symptom relief begins with diet– it’s the first stop, a controllable factor with the biggest impact on your digestive health, and we are thrilled to partner with Fody Foods to further our shared mission of enabling individuals to manage their IBS with confidence,” said Kelsey Cheyne, Executive Director at the Canadian Digestive Health Foundation. “We see Fody Foods as a trusted ally and resource in IBS management, and through this alliance, we aim to reshape the narrative around digestive issues and educate Canadians on the importance of dietary choices.”

Fody Foods offers a diverse range of IBS-friendly products specifically formulated to support digestive health while ensuring adherence to strict low FODMAP standards. By carefully selecting ingredients and rigorously testing their products, Fody Foods ensures that each offering is free from common triggers such as onions, garlic, lactose, and gluten, making them suitable for those with sensitive digestive systems. Additionally, all products are Monash-certified Low FODMAP, as well as certified vegan, gluten-free, lactose-free and non-GMO verified. With an extensive product range spanning sauces, snacks, and pantry essentials, their commitment is to make flavorful, enjoyable and premium ingredient foods accessible to all.

“We are thrilled to announce our partnership with the Canadian Digestive Health Foundation, a leading authority on digestive health in Canada, and to receive their certification,” said Steven Singer, CEO and Founder at Fody Foods. “This collaboration marks a significant milestone for us in our commitment to empower individuals to make informed choices and enjoy their favourite foods without worry.”

For more information on the partnership and access to resources on digestive health visit:

<https://cdhf.ca/en/the-important-role-of-diet-in-ibs-management/>

About Fody Food Co.

Fody™ Food Co. is a proud B Corp-certified company, committed to bringing back the joy in eating for the millions of people suffering with food intolerance, IBS and other digestive discomforts. Fody is a one-stop shop for delicious, gut-friendly products in a variety of categories including sauces, salsas, marinades, condiments, dressings, seasonings and snack bars. To purchase products, locate Fody in-store, or to find recipes and resources on following a low FODMAP diet, visit www.fodyfoods.com.

About the Canadian Digestive Health Foundation (CDHF)

Over 20 million Canadians suffer from digestive disorders every year. The CDHF believes this is unnecessary and unacceptable. We reduce suffering and improve quality of life through awareness, education and research. As the Foundation of the Canadian Association of Gastroenterology, we work directly with leading physicians, scientists, and other health care professionals to deliver trusted, unbiased information to the public and empower Canadians to take control of their digestive health with confidence and optimism. To learn more about the CDHF, visit www.CDHF.ca

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