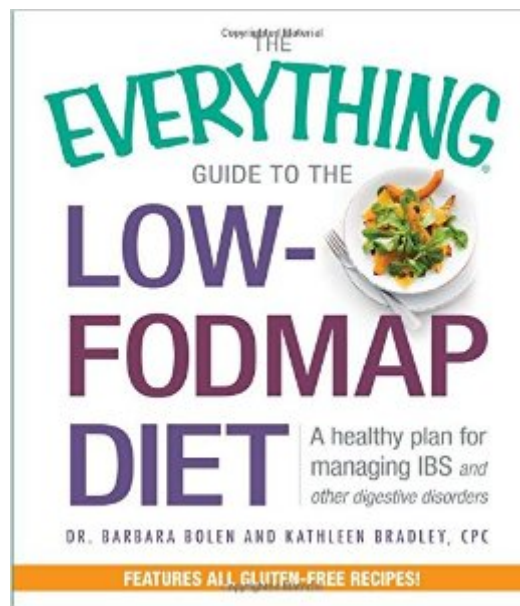


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The Everything Guide To The Low-FODMAP Diet: A Healthy Plan For Managing IBS And Other Digestive Disorders



Synopsis

150 recipes to ease painful symptoms and improve digestion! If you suffer with symptoms of IBS, you know that digestive troubles and pain can disrupt your day-to-day life. Fortunately, researchers have come up with a new treatment plan to help you control symptoms: a low-FODMAP diet. FODMAPs are a collection of short-chain carbohydrates that are difficult to digest and found in many common foods, like wheat, milk, beans, and some vegetables, fruits, and sweeteners. The Everything Guide to the Low-FODMAP Diet walks you through the step-by-step process for identifying your individual sensitivities--and gives you options and substitutions so you can enjoy your favorite foods again. Learn how to: Understand food allergies and intolerance Identify high- and low-FODMAP foods Eliminate FODMAP sources from your diet Stock your pantry for success Create your own personalized diet based on your unique needs Re-create favorite recipes using low-FODMAP ingredients Dr. Barbara Bolen, an IBS specialist, provides advice and tips for developing a personalized and realistic healthy eating plan. And with 150 low-FODMAP and gluten-free recipes, you can reduce digestive distress and feel great while enjoying satisfying and nutritious meals!

Book Information

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Customer Reviews

I have a number of books on the low FODMAP diet (five so far). Most of the information I had researched online, but each of the books I have purchased contributed something (however small)

new to my knowledge. However, knowledge is one thing; execution is something completely different. I can honestly say that of all the low FODMAP books I have - most of which has at least a few recipes in them - this book is by FAR my favorite and my automatic go-to cookbook. Some of the others include ingredients I know are not permitted, or only in small amounts, but no explanation or clarification is given. With the Everything Guide, though, there are tips, tricks, explanations, and helpful information sprinkled in with the recipes themselves. The recipes are clearly described and extremely tasty. Most of my family were a little unsure about this new way of eating, as I'm the only one with the gut issues, but I try a new recipe out of this book a few times a week and every single one has been a hit. My teenage daughter who has never liked mashed potatoes actually asked me to put EXTRA "Garlicky Smashed Potatoes" in her lunch, and my husband called them "phenomenal." I have yet to try a recipe in here that I don't like. I love the fact that the basics are included in this book - how to make your own traditional tomato sauce, Alfredo sauce, ketchup, meat rubs, chicken stock, soups, and so on. I've made the Traditional Tomato Sauce a few times now, and have used it in spaghetti with hamburger over gluten-free pasta plus in the Italian Chicken with Vegetables from the book (which was another smash hit and super easy to make). Even my comfort food, macaroni and cheese, has a couple low FODMAP friendly versions in this wonderful book.

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