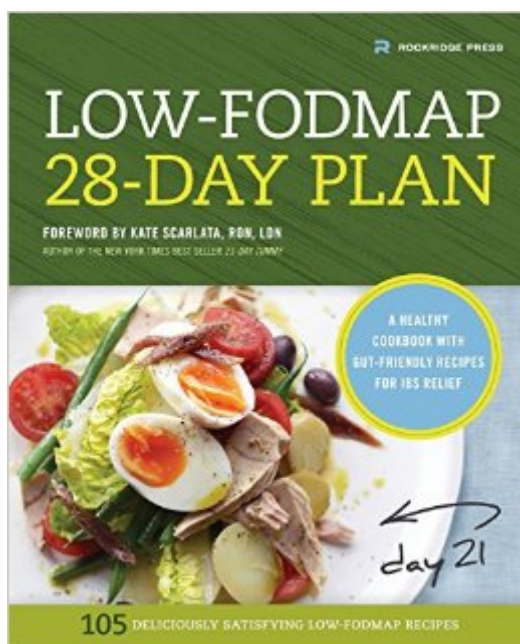


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# Low-Fodmap 28-Day Plan: A Healthy Cookbook With Gut-Friendly Recipes For IBS Relief



## Synopsis

Relieve your painful IBS symptoms permanently with The Low FODMAP 28-DAY Plan. ã ã Millions of people suffer from IBS, which can cause painful and embarrassing symptoms. Now you can relieve your worst IBS symptoms by adopting a low FODMAP diet. FODMAPs are simple carbohydrates that can be the hidden culprits behind digestive disorders. The Low FODMAP 28-Day Plan, from New York Times and best-selling publisher Rockridge Press, is a straightforward 4-week plan for removing FODMAPs from your diet and banishing digestive pain forever. With easy guidelines and simple recipes, you'll learn how to identify and avoid FODMAP foods, and make healthy and delicious FODMAP free meals in your own kitchen. ã ã With The Low FODMAP 28-Day Plan you will soothe your digestive system and make it easy to enjoy meals again, with: ã ã 105 recipes for delicious, nutritious low FODMAP dishes including Huevos Rancheros, Maple-Soy Glazed Salmon, Butterscotch Pudding, and Spiced Popcorn ã A "symptom tracker" so you can log what you're eating and how it affects your symptoms ã An easy-to-follow quickstart guide to help you begin a low FODMAP diet ã Comprehensive lists of foods to enjoy or avoid based on their FODMAP content, ã 10 tips for sticking to a low FODMAP diet when dining out

## Book Information

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## Customer Reviews

From the foreword:"Get ready to say good-bye to your digestive troubles and hello to delicious, ã ã comforting foods that truly nourish you. You will find this book to be a wonderful ã ã guide in learning how to incorporate the low-FODMAP diet into your life, how ã ã to

identify your personal trigger foods, and how to prepare delicious meals thatÃ A feed your body without hurting your belly. I am confident that you will find reliefÃ A with the low-FODMAP eating plan.Ã A Here's to a calmer belly and getting your life back."-Kate Scarlata, RDN, LDNAuthor,Ã A The Complete Idiot's Guide to Eating Well with IBS

am a complete skeptic on diets of all sorts--gluten-free, low-fat, low-carb, high-protein, and so on. Michael Pollan's advice to eat food, not too much, and concentrate on foods your grandmother would have eaten, seems about right to me. And yet, my genetic heritage includes celiac disease and a plethora of digestive issues, so it was no surprise that middle age brought GI miseries with it. When my sister sent me a research article suggesting that a low FODMAP diet helps about 75% of IBS sufferers, I got on the diet train for the first time in my life. This book is the best resource I have found on how to actually implement a low-FODMAP diet.FODMAPS (in unscientific terms) are foods that do not encourage fermentation and its side effects in the digestive tract. The book provides a convenient table of common foods that are lowest and highest in FODMAPS. For the first few days, I haven't tried to adopt the diet entirely, but chose more of the low-FODMAP foods. I can only say that I feel better and I'm willing to try the full-on diet.The major features of this book that I appreciate are its sensible, non-fundamentalist approach to the diet and its practical, organized systems for trying it. The main idea is to try it for 28 days to see if it helps. If it doesn't, you're back at square one. If it does, the author then suggests reintroducing foods one by one to see if symptoms reappear. The idea is to have the least restrictive diet consistent with comfort and health. What a sensible approach!Helpful features include a chapter on how to organize your pantry for a low-FODMAP diet, meal plans for 28 days, and a recipe section that looks delicious and nutritious, though I think I will need a higher calorie count than some of them provide. The author provides a strategy for adapting the diet for Celiac disease as well.I would recommend this book for anyone who has IBS, Celiac or related diseases. What have you got to lose?

Great recipes. Quick and easy but taste like gourmet. Ingredients are readily available. Some recipes contradict typical low fodmdap diet but we just avoid those . If you are also eating low carb , there are plenty of low carb/ low fodmap recipes .

Very good diet for people with bloating or other stomach issues

Mildly deceptive. I guess I thought this would be 28 days of different meals, but the meal plan is

repetitive throughout the week. Eat this for breakfast day 1, lunch day 2 and dinner on day 3 etc. The recipes are good, and I have made several of them. I just expected more recipes and options.

Low FODMAP 28 Day plan contains many healthy enjoyable recipes, safe for people with IBS, and other digestion issues or food sensitivities. The book offers practical advice on how to avoid foods that trigger IBS flare ups and contains many easy to follow recipes to help ease IBS symptoms. It explains the science behind the low FODMAP diet, and the role that diet can play in managing IBS symptoms. The reader is provided with a list of foods which contain high levels of FODMAP ingredients which should be avoided, as well as a list of those with low FODMAP ingredients that can be enjoyed. The author also explains how food previously eliminated can be re-introduced back into one's diet after following a FODMAP diet. Moreover, there are suggestions for the IBS sufferer to discover what things may trigger their IBS symptoms.

The Low-FODMAP 28-day plan provides a thoughtful guide with menu and recipes catering toward individuals who have gastrointestinal issues or a diagnosis of IBS. Even if you do not have a digestive disorder, this book offers an abundance of healthy, easy-to-make recipes. If you are following the plan, there is a helpful section on what foods to avoid and how to stock your pantry, along with grocery lists and suggestions on how to plan for the week ahead. The only things I would have liked to see more of would be additional photographs of the meals and more cooked meals vs. salads.

Millions of Americans suffer from varying degrees of gastrointestinal distress, and finding nutritional foods that don't aggravate such conditions has been a challenge to those afflicted until now. The low-FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) 28-day plan allows these sufferers avoid discomfort without sacrificing nutrition. Based on recent scientific research, the low-FODMAP diet minimizes symptoms in a majority of those afflicted with gastrointestinal problems. (Note: It is important to discuss such a diet with your physician before starting.) The 28-day plan fully explains the diet and includes: a list of high- and low-FODMAP ingredients, detailed menus, recipes and shopping lists. Readers will learn to prepare meals from scratch, assess food labels and obtain kitchen equipment essentials. The book also provides current low-FODMAP research resources. This is a great read for all of us who suffer from intolerances from dairy, gluten, or other FODMAP foods. I love how the shopping lists and menus focus on a whole food diet rather than store-bought, processed foods. More than just a

diet, this food plan aims at not just getting rid of those extra five pounds, but healthier lifestyle and making better food choices for a happier gut!

I do not have IBS but I definitely have food intolerances. My doctor suggested I try the low FODMAP diet. The information she gave me wasn't enough for me, so I set out to learn more. First of all, this book really helps explain, in layman's terms, what FODMAPs are and how they interfere with good gut health. If this book was comprised of just that it would have been enough. However, there is a treasure trove of recipes to get me started on the path to eating well and healthy. I was unsure of how to eliminate the problem foods from my diet. The recipes are fairly easy and straightforward. There is enough variety that I should not get bored with eating. This is the only book I've ever read on the topic, but it was a good one.

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