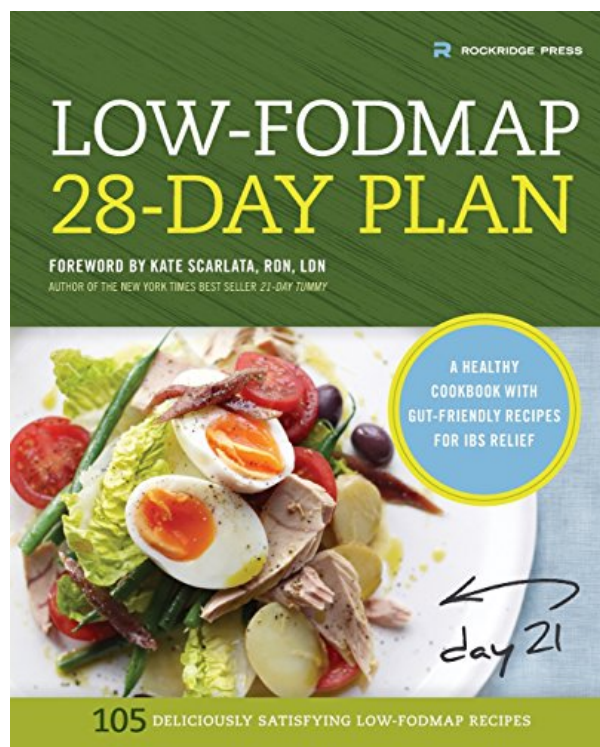
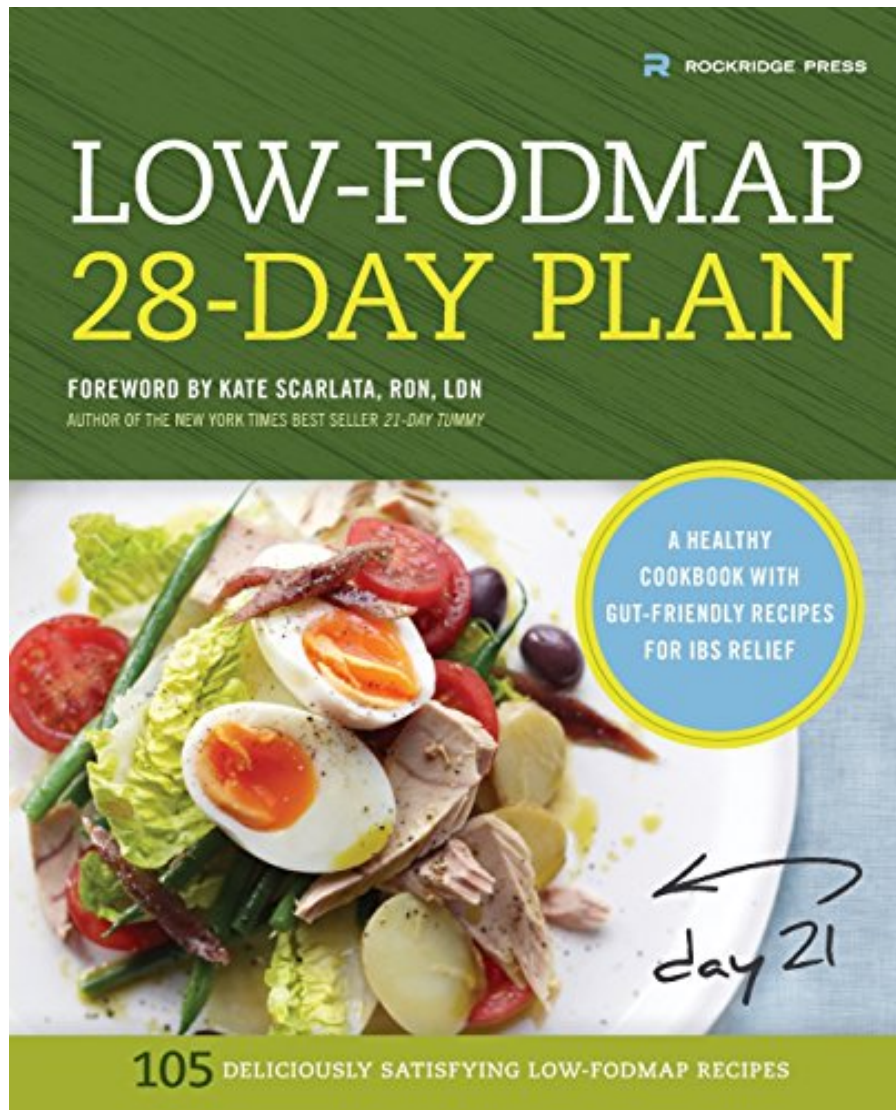


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Review

From the foreword:

"Get ready to say good-bye to your digestive troubles and hello to delicious, comforting foods that truly nourish you. You will find this book to be a wonderful guide in learning how to incorporate the low-FODMAP diet into your life, how to identify your personal trigger foods, and how to prepare delicious meals that feed your body without hurting your belly. I am confident that you will find relief with the low-FODMAP eating plan.

Here's to a calmer belly and getting your life back."

-Kate Scarlata, RDN, LDN Author, The Complete Idiot's Guide to Eating Well with IBS

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LOW-FODMAP 28-DAY PLAN: A HEALTHY COOKBOOK WITH GUT-FRIENDLY RECIPES FOR IBS RELIEF FROM ROCKRIDGE PRESS PDF

Relieve your painful IBS symptoms permanently with The Low FODMAP 28-DAY Plan.

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 Amazon 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.

With The Low FODMAP 28-Day Plan you will soothe your digestive system and make it easy to enjoy meals again, with:

- 105 recipes for delicious, nutritious low FODMAP dishes including Huevos Rancheros, Maple-Soy Glazed Salmon, Butterscotch Pudding, and Spiced Popcorn
- A "symptom tracker" so you can log what you're eating and how it affects your symptoms
- An easy-to-follow quickstart guide to help you begin a low FODMAP diet
- Comprehensive lists of foods to enjoy or avoid based on their FODMAP content,
- 10 tips for sticking to a low FODMAP diet when dining out

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- Published on: 2014-08-18
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Review

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Here's to a calmer belly and getting your life back."

-Kate Scarlata, RDN, LDN Author, The Complete Idiot's Guide to Eating Well with IBS

Most helpful customer reviews

59 of 62 people found the following review helpful.

for starters) but the book lists several useful workarounds, and the meal plan is

By MakRo

This guide isn't just a bunch of recipes - it's an entire plan dedicated to helping IBS sufferers develop a new way of eating. I was a little worried when I was looking at the list of off-limits foods (no wheat, no garlic, and no apples, for starters) but the book lists several useful workarounds, and the meal plan is, if anything, more abundant and varied than what I usually eat. If you're suffering from IBS, or similar syndromes with a diet component like celiac, I'd definitely recommend putting yourself through this program.

116 of 124 people found the following review helpful.

This book is the best resource I have found on how to actually implement ...

By Elizabeth T. Smith

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?

3 of 3 people found the following review helpful.

Quick, Easy, and Good Recipes

By Richmond, VA USA

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 .

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