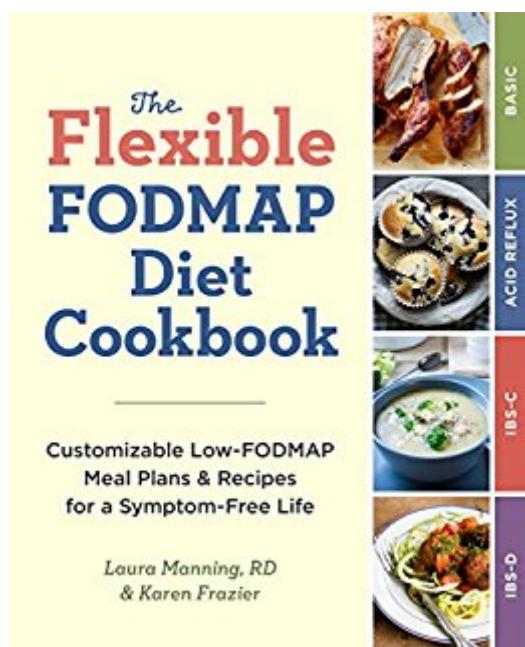


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# The Flexible FODMAP Diet Cookbook: Customizable Low-FODMAP Meal Plans & Recipes For A Symptom-Free Life



## Synopsis

Other low-FODMAP cookbooks take a one-size-fits-all approach to IBS. The Flexible FODMAP Diet Cookbook focuses on your specific IBS symptoms with low-FODMAP diet variations proven to target your unique dietary needs. You CAN find an eating plan that works for you and take your life back for good. Living with Irritable Bowl Syndrome is uncomfortable, frustrating, and isolating. Figuring out which foods trigger symptoms (and avoiding them) can feel impossible. Many people with IBS are also affected by coexisting conditionsâ "such as acid reflux, celiac disease, and food allergiesâ "which exacerbate IBS symptoms that already require special dietary attention. The Mayo Clinic recognizes the low-FODMAP diet as a proven means of treating IBS caused by FODMAP sensitivities. FODMAPs are hard-to-digest carbohydrates found in common foods such as wheat, dairy, fruits, vegetables, and sweeteners. Most of us consume FODMAPs so regularly we likely trigger IBS symptoms without knowing it. With The Flexible FODMAP Diet Cookbook youâ "ll identify your personal food triggers by pinpointing which FODMAP group provokes your symptoms. The low-FODMAP recipes in this book accommodate coexisting conditions, as well as the needs of IBS-C (constipation-dominated IBS) and IBS-D (diarrhea-dominated IBS). The solution presented in The Flexible FODMAP Diet Cookbook covers three important steps: STEP 1. CUSTOMIZE YOUR LOW-FODMAP MEAL PLAN from the mix and match meal plans according to your personal needs. For example, if you suffer from IBS and GERD, choose Plan A, which excludes both FODMAPs and acid reflux food triggers. Plan B is a basic low-FODMAP meal plan, and Plans C and D offer low-FODMAP meal plans for sufferers of IBS-C, IBS-D, or IBD in remission. STEP 2. ELIMINATE ALL FODMAP & FOOD TRIGGERS that may cause an irritable bowel. Recipes include substitution tips for gluten or â œBig 8â • food allergens, and texture modification tips for IBS dominated by constipation or diarrhea. STEP 3. IDENTIFY YOUR PERSONAL FOOD TRIGGERS by using the Food Reintroduction Worksheet to track your GI response as you gradually reintroduce FODMAPs one at a time. Whether you suffer from IBS or from the combined symptoms of one or more co-existing conditions, The Flexible FODMAP Diet Cookbook offers you the knowledge, tools, and guidance you need to stop living in fear of food and start controlling your symptoms with the low-FODMAP choices you make.

## Book Information

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## **Customer Reviews**

easy book to read and follow instructions

Ordered for my Mom who has FODMAP and it has been very helpful.

This is a very helpful e-book. It has some great information, and recipes. I highly recommend it!

Thanks!

This cookbook is great. First, it goes in-depth into explaining the different types of IBS; including Celiac, Acid Reflux, SIBO, and IBS + Allergies. It then goes into detail about the different FODMAP foods, something I found incredibly helpful. It goes through low FODMAP to high FODMAP, explaining each type of food (fruit/veg/dairy/meat) by how many servings you should/can eat a day. It goes through the elimination phase, with helpful tips and advice. It then goes through the reintroduction phase and then ends with the lifetime eating phase. The book includes a very helpful section of pages in which you list your symptoms when reintroducing foods. This book contains a

section on building your pantry, including substitutions for butters, eggs, milk, cheese, etc. It then goes into the four different types of meal plans you may be interested in setting up. A basic low-FODMAP plan, an acid-reflux plan, an IBS-C plan, and IBS-D. Each recipe is labeled with with plans it fits into (A, B, C, and D respectfully). Each recipe also includes the macronutrient levels of each serving. The recipe sections are Breakfasts, Soups & Salads, Snacks & Sides, Fish & Seafood, Meat & Poultry, Desserts, and finally Condiments, Sauces, & Dressings. The books ends with handy conversion tables and a section on the Dirty Dozen and the Clean 15 (EWG's list of high pesticide and low pesticide fruits and vegetables.), as well as an Index. To sum this cookbook review up: It's an incredible resource for those on a FODMAP diet, focusing on IBS sufferers. I would recommend this book to anyone who is new to FODMAP or simply wants a simple beginner's cookbook/info resource for a FODMAP diet.

Did not work! Recipes not very well though out!

I received a copy of this book for free from the publisher. And thought why not give it a try. A lot of great easy recipes in this book. My daughter has IBS and I have acidReflex. Each recipie has input in them letting u know if u can have it with IBS or acid reflex. Definitely a help, I didn't know soo many items affect my acid reflex. Definitely worth getting, and trying out. I found a few recipes I can't wait to make.

I gave up gluten and dairy many years ago, but was encouraged to explore low-FODMAP eating and just needed some go-to recipes as I adjust. This cookbook is what I was looking for. It has a lot of basic recipes and some new idea recipes. It also doesn't require a lot of expensive or odd ingredients. It has non-intimidating/manageable advice on doing an elimination diet. Looking forward to trying some new things and adding in more/different spices to my cooking!

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