



The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders

By Sue Shepherd

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The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders By Sue Shepherd

The low-FODMAP diet is changing lives. If you suffer from the pain and discomfort of a digestive condition such as IBS, Crohn's disease, ulcerative colitis, or nonresponsive celiac disease, it just might change yours.

The Complete Low-FODMAP Diet (cowritten by Sue Shepherd) introduced this revolutionary treatment, which is rapidly becoming the first-line recommendation by doctors and dietitians worldwide. *FODMAP* is an acronym that stands for a group of difficult-to-digest carbohydrates found in foods such as wheat, milk, beans, soy, and some fruits, vegetables, nuts, and sweeteners. More than three quarters of adults with IBS who reduce their intake of these foods gain relief.

Now, this follow-up cookbook brings you 150 simple, delicious, and brand-new recipes that are full of flavor but low in FODMAPs. The mix includes:

- breakfasts to start the day off right (Blueberry Pancakes; Banana-Chocolate Chip Muffins)
- starters and sides for every occasion (Spring Rolls; Chicken, Bacon, and Pesto Mini Pizzas; Stuffed Roasted Bell Peppers)
- soups and salads full of flavor (Vietnamese Beef Noodle Salad; Creamy Seafood Soup)
- entrées that make you feel good (Chicken and Vegetable Curry; Speedy Spaghetti Bolognese; Beef Satay Stir-Fry with Peanut Sauce)
- desserts that satisfy (Flourless Chocolate Cake; Almond Cookies; Baked Blueberry Cheesecakes).

The low-FODMAP diet puts an end to suffering in silence, fearing the possible consequences of every meal, or confining yourself to a handful of bland, “safe” foods. The only thing missing from this comprehensive collection is the

FODMAPs—and you'd never know it!

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Editorial Review

Review

“From breakfast to dessert, 150 tasty recipes [that] nourish the body.”—*Living Without*

“An easy-to-follow recipe book that makes identifying ‘trigger’ foods simple.”—*Daily Mail*

“The recognition that FODMAPs are responsible for symptoms in many people with IBS was a major breakthrough in the management of IBS. IBS has been a daunting problem for patients and their physicians for years. We have seen many drugs and different dietary fads come and go. This solution for many patients with IBS is based on sound scientific and physiological mechanisms. Combined with good medical care that includes testing for celiac disease, small intestinal bacterial overgrowth, and fructose and lactose intolerance, the low-FODMAP diet can be individualized, liberalized, and tailored to each patient. In this book, Sue Shepherd provides a great deal of information on how to make the low-FODMAP diet a delight.”

—**Peter H. R. Green, MD**, Professor of Clinical Medicine and Director of the Celiac Disease Center at Columbia University

“*The Low-FODMAP Diet Cookbook* is a kitchen essential for anyone following the low-FODMAP diet. Sue Shepherd’s easy writing style will make you feel like you have your best friend in the kitchen cooking alongside you. However, this particular best friend has in-depth knowledge about how certain foods will affect your digestive system. The recipes included are lush and decadent, showing you that the low-FODMAP diet need not be one of deprivation. You will see that you can enjoy delicious meals without worry that they will cause you unwanted digestive distress.”

—**Dr. Barbara Bolen**, IBS Expert for About.com and coauthor of *The Everything® Guide to the Low-FODMAP Diet*

About the Author

Sue Shepherd, PhD, is coauthor of *The Complete Low-FODMAP Diet* and author of *The Low-FODMAP Diet Cookbook*. She is the director of Shepherd Works, Australia’s premier private dietetic practice specializing in dietary conditions. A dietitian and senior lecturer at La Trobe University (Melbourne), Dr. Shepherd is an invited speaker at national and international medical conferences and has authored over 20 medical journal papers. She is also the consultant dietitian for the Medical Advisory Committee to Coeliac Australia and is a Fellow of the Rome Foundation. She herself has celiac disease.

Users Review

From reader reviews:

Valerie Israel:

This *The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders* book is not really ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is actually information inside this publication incredible fresh, you will get info which is getting deeper

you actually read a lot of information you will get. This kind of The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders without we know teach the one who reading through it become critical in considering and analyzing. Don't be worry The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders can bring whenever you are and not make your case space or bookshelves' come to be full because you can have it in the lovely laptop even cell phone. This The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders having great arrangement in word as well as layout, so you will not really feel uninterested in reading.

Mary Davis:

A lot of people always spent all their free time to vacation as well as go to the outside with them family members or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that is look different you can read a book. It is really fun for you. If you enjoy the book that you read you can spent all day long to reading a reserve. The book The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book provides high quality.

Darlene Heckart:

The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders can be one of your beginner books that are good idea. We all recommend that straight away because this e-book has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to put every word into satisfaction arrangement in writing The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders yet doesn't forget the main stage, giving the reader the hottest and also based confirm resource data that maybe you can be one of it. This great information can easily drawn you into fresh stage of crucial imagining.

Kenneth Lambert:

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