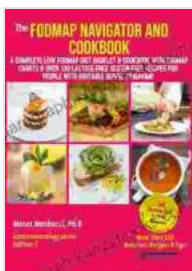


Unlock the Secrets of Digestive Health: The Low FODMAP Diet Revolution

: Embark on a Journey to Gut Harmony



The FODMAP Navigator and Cookbook: A Complete Low FODMAP Diet Booklet and Cookbook with FODMAP Charts and Over 130 Lactose-Free Gluten-Free Recipes for People with Irritable Bowel Syndrome

by Monet Manbacci

★★★★☆ 4.5 out of 5

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Enhanced typesetting: Enabled
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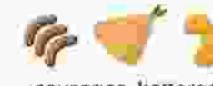



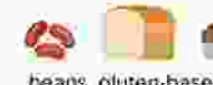


Are you experiencing bloating, gas, abdominal pain, or other digestive distress? You're not alone. Millions worldwide suffer from Irritable Bowel Syndrome (IBS), a common condition that affects the digestive system. Traditional treatments often fall short, leaving you feeling frustrated and seeking alternative solutions.

Introducing the Low FODMAP Diet, a revolutionary approach that has transformed the lives of countless individuals battling digestive issues. This scientifically backed diet eliminates certain fermentable carbohydrates (FODMAPs) from your food intake, providing relief from uncomfortable symptoms and promoting overall gut health.

Chapter 1: The Low FODMAP Diet: A Gateway to Digestive Freedom

Low FODMAP Diet

Food	EAT	AVOID
Vegetables	 <p>lettuce, carrot, cucumber & more</p>	 <p>garlic, beans, onion & more</p>
Fruits	 <p>strawberries, pineapple, grapes & more</p>	 <p>blackberries, watermelon, peaches & more</p>
Proteins	 <p>chicken, eggs, tofu & more</p>	 <p>sausages, battered fish, breaded meats & more</p>
Fats	 <p>oils, butter, peanuts & more</p>	 <p>almonds, avocado, pistachios & more</p>
Starches, cereals & grains	 <p>potatoes, tortilla chips, popcorn & more</p>	 <p>beans, gluten-based bread, muffins & more</p>

In this chapter, we delve into the fundamentals of the Low FODMAP Diet. You'll gain a comprehensive understanding of FODMAPs and their impact on your digestive system. Our clear explanations, supported by scientific evidence, will empower you to make informed decisions about your dietary choices.

Chapter 2: The Elimination Phase: A Reset for Your Gut



The elimination phase is a crucial step in the Low FODMAP journey. You'll learn how to identify and eliminate high-FODMAP foods from your diet, effectively reducing symptoms and paving the way for digestive healing. Our detailed instructions and meal plans will guide you through this process with ease.

Chapter 3: The Re Phase: Exploring Your Tolerances

Foods suitable on a low-fodmap diet

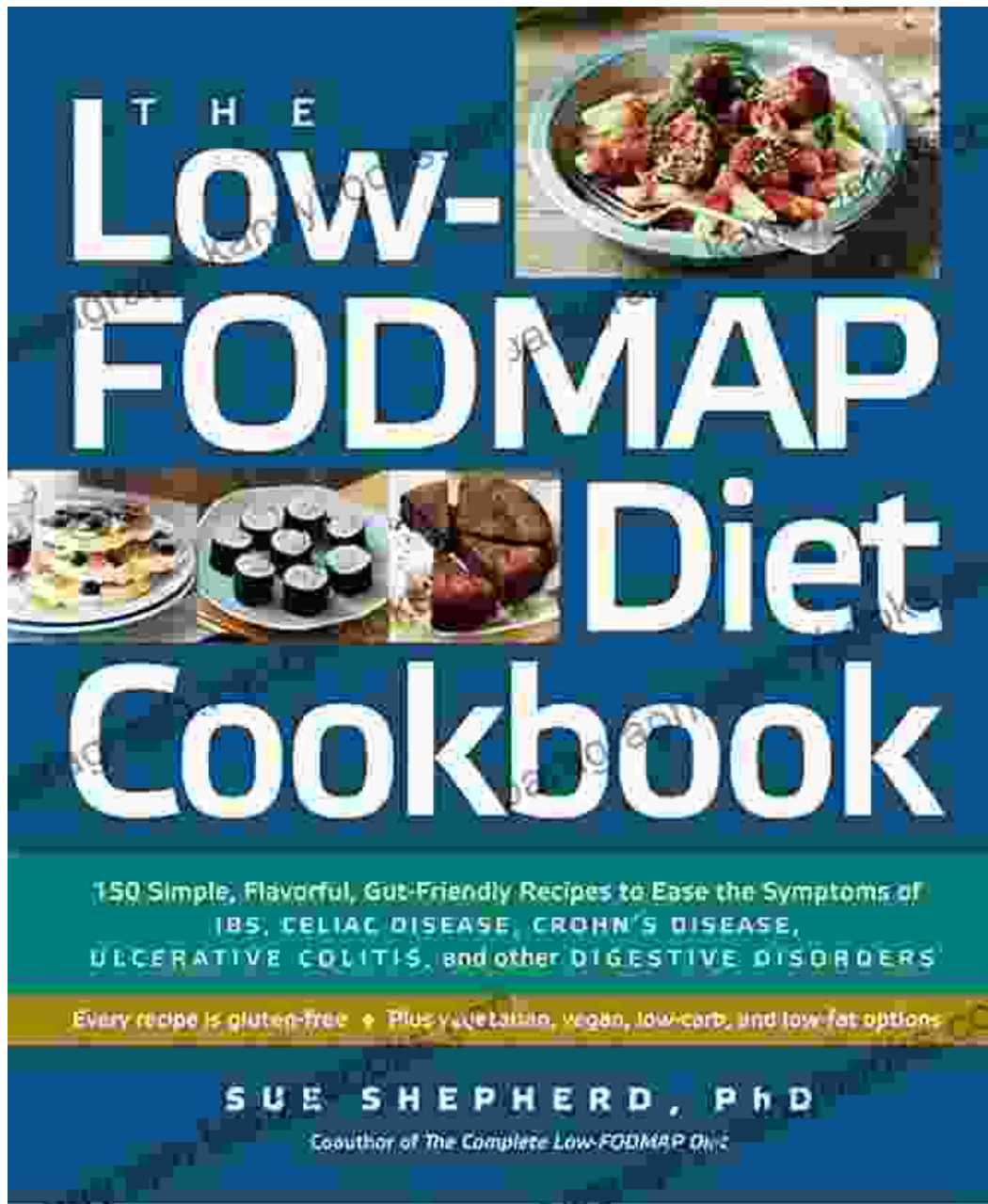
fruit	vegetables	grain foods	milk products	other
fruit banana, blueberry, boysenberry, cantaloupe, cranberry, durian, grape, grapefruit, honeydew, melon, kiwifruit, kiwifruit, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, strawberry, tangerine <i>Note: Fruit is best eaten in small portions</i>	vegetables asparagus, bamboo shoot, bean, broccolini, choy, sugar, celery, choko, zucchini, endive, ginger, green beans, lettuce, sliced parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini herbs basil, chill, coriander, ginger, lemon grass, marjoram, mint, oregano, parsley, rosemary, thyme	cereals gluten-free bread or cereal products bread 100% spelt bread rice oats potatoes other arrowroot, millet, psyllium, quinoa, korghm, tapioca	milk lactose-free milk*, oat milk*, rice milk*, soy milk* *Check for additives cheeses hard cheeses and blue cheese crumbles yoghurt lactose-free varieties ice-cream substitutes gelati, sorbet butter substitutes olive oil	tofu sweetcorn, sugar (brown), xylitol, artificial sweeteners not ending in 'ol' honey substitutes golden syrup*, maple syrup*, molasses, stevia *small quantities

Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
fruits apple, mango, nashi, pear, pruned fruit in natural juice, watermelon sweetcorns fructose, high fructose corn syrup large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice honey corn syrup	milk milk from cows, goats or sheep, instant, ice cream, yoghurt cheeses soft unripened cheeses, egg cottage, cream, mozzarella, ricotta	vegetables artichoke, asparagus, broccolini, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, onion, onion (all), shallots, spring onion cereals wheat and rye, in large amounts, eg bread, crackers, cookies, couscous, pasta fruit custard apple, persimmon, watermelon miscellaneous chicory, dill, garlic, onion, pizza base	legumes baked beans, chickpeas, kidney beans, lentils, soy beans fruit apple, apricot, avocado, blackberry, cherry, longan, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn sweetcorns sorbitol (420), maltitol (421), mannitol (953), maltitol (965), xylitol (967)	

Once you've completed the elimination phase, it's time to reintroduce FODMAPs gradually. This phase allows you to determine your individual tolerances and customize your diet accordingly. Our expert guidance will help you avoid challenges and ensure a smooth transition.

Chapter 4: The Low FODMAP Cookbook: Delectable Recipes for Digestive Harmony



Indulge in a culinary adventure with our extensive Low FODMAP cookbook. Over 130 mouthwatering recipes cater to diverse dietary needs and preferences. From breakfast to dinner and everything in between, you'll find delicious options that nourish your body and delight your taste buds.

Chapter 5: FODMAP Charts: Your Essential Reference Guide

LOW FODMAPs SHOPPING LIST

This is a list of foods low in FODMAPs that you can use as a shopping guide

<h3>VEGETABLES</h3> <p>Artichoke hearts Bamboo shoots Bean sprouts Beet (cooked, plain) Broccoli BRO (broccoli florets) Brussels sprouts (limit 1/2 cup) Cauliflower sprouts (limit to 1/2 cup) Carrots Cauliflower (limit to 1 stick) Chickpeas Cucumber Eggplant Fennel Garlic Green beans Green peas (limit to 1/2 cup) Kale Lentils Lettuce Onions Parsnips (limit to 1/2 cup) Peas (limit to 1/2 cup) Potatoes Pumpkin (limit to 1/2 cup) Spinach Squash (limit to 1/2 cup) Sweet potatoes (limit to 1/2 cup) Taro Turnips Zucchini</p>	<h3>PROTEIN FOODS</h3> <p>Eggs Chicken Chicken and turkey (ground) Fish Tofu Kangaroo Lamb Pork Shellfish (excluding prawns, scallops, oysters) Tuna Turkey Tempeh</p> <h3>NUTS & SEEDS</h3> <p>Almonds Chia seeds Coconut Chestnuts Oil seeds Maca powder Other varieties of nut butter (eg. Almond nut butter) Peanuts Pistachios Pine nuts Pumpkin seeds Sunflower seeds Walnuts</p> <h3>DAIRY</h3> <h3>CHEESE</h3> <p>Cheddar Gouda Parmesan Ricotta Tuna Cottage cheese Cream cheese Mozzarella</p> <h3>MILK</h3> <p>Lactose free (Any lactose free dairy products) Greek yogurt Whipped cream Butter Kefir</p> <h3>NON-DAIRY ALTERNATIVES</h3> <p>Coconut milk (limit to 1/2 cup) Rice milk Almond milk Soy milk</p>	<h3>GRAINS</h3> <p>Rice Oat flour Quinoa Rye, white and brown Flax bran Gluten free breads (chocolate chips) Wheat made from soft wheat, corn, spelt and jumbo flours Wild rice Popcorn Couscous Pasta Sourdough</p> <h3>DRINKS</h3> <p>Coffee (no HFCS) Tea (avoid add to milk) Orange juice (limit to 1/2 cup) Very small amounts of wine, gin, vodka, whiskey</p> <h3>CONDIMENTS</h3> <p>Mustard Tartar sauce Any vinegar Hot sauce Worcestershire sauce Sweet and sour sauce Chimney Mayonnaise Shrimp paste Vegetable Balsamic vinegar (limit to 2 tsp) Wine Thick wild onion</p> <h3>SWEETS AND SWEETENERS</h3> <p>Maltolol Sugar Stevia Dark chocolate Sorbitol Gelatin</p> <h3>PROBIOTIC (LIVE) FERMENTED FOODS</h3> <p>All are probiotic vegetables</p> <p>Kimchi, Sauerkraut, Kombucha, Coconut, Cough, Honey, Fermented, Gochujang, Lemongrass, Mint, Dill, Garlic, Fennel, Parsley, Radish, Rosemary, Turmeric, Thyme</p> <p>Spices: All-spice, Black pepper, Cardamom, Cumin powder, Cumin, Curry, Cumin, Curry powder, Fenugreek, Fennel seeds, Five spice, Garlic, Mustard seeds, Onion, Paprika, Saffron, Star anise, Turmeric, salt</p>
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Our comprehensive FODMAP charts provide an invaluable reference tool. You'll have quick access to detailed information on the FODMAP content of various foods, empowering you to make informed choices when dining out or shopping for groceries.

Chapter 6: Lifestyle Tips for Enhanced Gut Health



Beyond dietary adjustments, this chapter explores additional lifestyle factors that can support your digestive well-being. Discover the benefits of stress management, regular exercise, and quality sleep. Our practical tips will help you create a holistic approach to gut health and overall wellness.

: The Low FODMAP Diet: Your Path to Digestive Harmony



The Low FODMAP Diet is not just a temporary fix; it's a transformative journey that empowers you to take control of your digestive health and unlock a healthier, more fulfilling life. With our comprehensive guide and cookbook, you'll have the knowledge, recipes, and support you need to succeed.

Embrace the Low FODMAP Diet today and embark on a path to gut harmony, improved digestion, and a renewed sense of well-being. Your body will thank you for it!

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