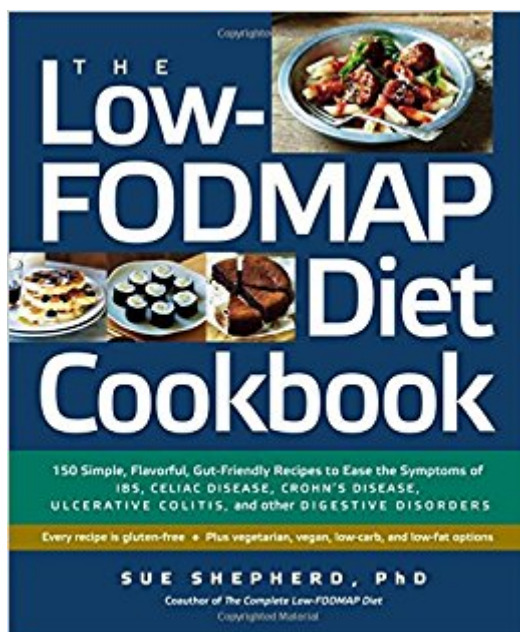


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# The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes To Ease The Symptoms Of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, And Other Digestive Disorders



## Synopsis

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!

## Book Information

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## Customer Reviews

Ã¢â“From breakfast to dessert, 150 tasty recipes [that] nourish the body.Ã¢â  
Without Ã¢â“An easy-to-follow recipe book that makes identifying Ã¢âœtriggerÃ¢ââ  
foods simple.Ã¢â  
•Daily Mail Ã¢â“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.Ã¢â  
•Peter H. R. Green, MD, Professor of Clinical Medicine and Director of the  
Celiac Disease Center at Columbia University Ã¢â“The Low-FODMAP Diet Cookbook is a  
kitchen essential for anyone following the low-FODMAP diet. Sue ShepherdÃ¢ââ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.Ã¢â  
•Dr. Barbara Bolen, IBS  
Expert for About.com and coauthor of The EverythingÃ Â® Guide to the Low-FODMAP Diet

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, AustraliaÃ¢ââ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.

This is a beautiful book with glossy paper and plenty of color photos. It contains a short but  
nevertheless thorough introduction that explains FODMAPs and their role in functional bowel

disorders, such as IBS. Unlike its companion book, *The Complete Low-FODMAP Diet*, this book consists almost entirely of recipes and is basically the "how-to" part of the diet. The recipes range from relatively simple to fairly complex, making it especially useful for people who really like to cook. It also contains a valuable nutritional analysis for each recipe. Although the cover states that there are vegan options (and these are covered briefly in the introductory material), it would take a very creative cook to employ these options successfully with the majority of the recipes. This is a book primarily geared toward those who include meat in their diets (and there are several meaty photos that vegetarians and vegans might object to, so be forewarned), along with eggs and cheese. If you fit into that category and also need to be gluten-free, you'll be able to indulge in all the recipes in the book. If you are vegan (or even vegetarian), you might want to hold out for something geared more specifically to your needs.

I love this cookbook. I'm a celiac with a decades old-diagnosis--and lingering IBS. Cutting out dairy and fructose, along with gluten almost cured me of any digestive anxiety. It also left me despairing of every cooking or eating anything interesting again. This is a fantastic book for that problem--the recipes are detailed and yummy. And, the ingredients are easy to get in any well-stocked regular grocery store. There are recipes in this book that are answers to long-term questions: how do you make pizza and pesto on a low fodmap diet? How can you make good desserts? What about snacks? How do you deal with spices? (Garlic-infused olive oil, instead of minced garlic.) Also, the book made it possible to eat more than I thought I could--you can have tomato sauce if you're fructose intolerant, just not with onions and not in large quantities. That means tomato-shrimp bisque and lasagna and pizza with tomato sauce are safe to eat. This book is even useful if you have other intolerances. I'm allergic to eggs, and I'm mostly pescaterian--my solution for using the recipes in this book has been to substitute tilapia for chicken, and adjust the cooking times accordingly; if you can eat dairy, you'll love the desserts. if you can't have dairy there are still some really good options for cookies and cake. A few caveats: vegans and vegetarians will not like this book--it's very beef-and-pork heavy. (That's not a criticism; this is just not the book for that sort of person.) Recommended!

I purchased this book after buying the complete low fodmap diet. I was hoping to find more vegetable based recipes and found it disappointing. Many of the recipes are very similar to the first book by Shepherd. Most seem to be primarily meat with some wheat substitutes. Many recipes still seem to have a lot of dairy which I don't seem to tolerate well. I realize many vegetables are high in

fodmaps but I didn't find the recipes to be very creative in using those that are low.

Just got this cookbook and I am SO excited to try pretty much ALL of the recipes. The pictures are beautiful and artistic. The recipes are interesting and look flavorful. The ingredient lists are not overwhelming. I am a "once a month" or so cook (ie quick simple kid friendly meals on week nights). I see lots of special recipes for weekend meals (lamb curry! Beef satay with peanut sauce, cheese and olive polenta) and basics to fold into our weeknight dinners (carrot ginger soup, penne w meatballs even a spanish meatloaf). The dessert section is big (39 dessert recipes from cookies to panne cotte). Can't wait to dig in!

This book was is full of many wonderful Low FODMAP Recipes. It is neatly organized with an explanation of the diet in the beginning. I have tried a few of the recipes and love what I have done so far. I do wish that there were more pictures. To me the picture is part of what draws me to trying the recipe in the first place. I do not feel like the recipes are too involved. Trying different recipes from this book has allowed me to be able to become more familiar with low FODMAP ingredients and be able to experiment with recipes of my own. There seems to be a lot of use of cornstarch which from a Paleo Background, I feel is too much. I have been replacing this with another thickening ingredient and it has been fine.

So disappointed with this NOT HEALTHY diet book. I suffer from Crohn's disease, and this diet is way too high in many trigger foods; such as nightshade plants, seeds, & nuts. It's high in fat & calories, nitrates (also a trigger food), & dairy. I will use it for a few of the recipes, but it really was a waste of my very limited income. I can find better info & recipes doing my own online research.

Many recipes are centered around meat and some recipes contain foods that are not allowed on the FODMAP diet. This one sits on my bookshelf rather than on my kitchen counter.

IBS? Now that you know, it's time to start a new adventure in foods. This book is an excellent starting point in learning how to manage all the quirks and twists of that intestinal problem you've had for how.....long! Relief and help are on the way.Y

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