

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 PhD

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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 PhD

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

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Donald Howard:

Here thing why this particular 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 are different and dependable to be yours. First of all looking at a book is good however it depends in the content of computer which is the content is as yummy as food or not. 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 giving you information deeper and in different ways, you can find any book out there but there is no guide that similar with 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 gives you thrill reading journey, its open up your eyes about the thing that happened in the world which is probably can be happened around you. You can bring everywhere like in playground, café, or even in your technique home by train. In case you are having difficulties in bringing the branded book maybe the form 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 in e-book can be your choice.

Lynnette Cash:

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Eric Langley:

The book untitled 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 contain a lot of information on the item. The writer explains the girl idea with easy technique. The language is very clear and understandable all the people, so do not worry, you can easy to read this. The book was published by famous author. The author will bring you in the new period of time of literary works. It is easy to read this book because you can read more your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site as well as order it. Have a nice examine.

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