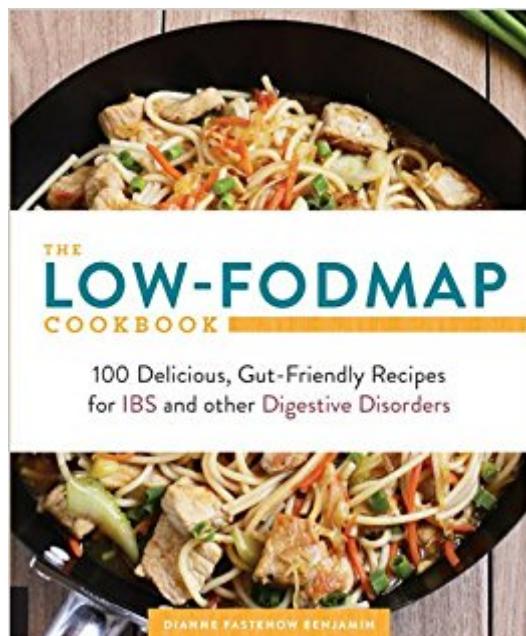


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# The Low-FODMAP Cookbook: 100 Delicious, Gut-Friendly Recipes For IBS And Other Digestive Disorders



## Synopsis

Learn to soothe your digestive difficulties with 100 delicious recipes from The Low-FODMAP Cookbook! FODMAPs are carbohydrates that are not properly absorbed in the small intestine by people with digestive difficulties such as IBS, Crohn's Disease, and Colitis. Once these carbohydrates reach the large intestine, they cause many uncomfortable symptoms such as gas, bloating, and pain. The forbidden list of foods is extensive, but The Low-FODMAP Cookbook combines both taste and nutrition to create delightful recipes. The book includes a low-FODMAP eating plan that explains in detail which foods are not allowed and why. These recipes for breakfast, lunch, dinner and snacks are so simple and delicious, they'll appeal to the whole family!

## Book Information

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Average Customer Review: 4.5 out of 5 stars 49 customer reviews

Best Sellers Rank: #25,689 in Books (See Top 100 in Books) #17 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #525 in Books > Cookbooks, Food & Wine > Special Diet #587 in Books > Health, Fitness & Dieting > Diets & Weight Loss

## Customer Reviews

Dianne Benjamin (Cedar Rapids, IA) is the creator of the blog, Delicious As It Looks, a blog dedicated to Low-FODMAP recipes. A lifelong lover of cooking, Dianne found that she needed to change her approach to food and nutrition when she was diagnosed with IBS and food intolerances. The blog was born and she soon started converting the recipes she loved into low-FODMAP versions that were belly-friendly.Ã Ä Ä Ä Ä Ä

My wife has been having digestive issues and her gastroenterologist recommended that she try a low-FODMAP diet. So we looked for low-FODMAP information and cookbooks at and selected this book. It turned out to be a treasure trove of well-researched information on low-FODMAP diets, the reasons that this diet will help, and delicious recipes that make this rather severe diet very

palatable! The book is soft-bound, but the cover is a very nice-feeling, heavy material that should stand up well to heavy use. In addition, it has fold-over flaps on both the front and back that make very handy bookmarks. The introductory chapters are obviously very well researched and provide a great overview of why and how this cookbook was developed. We learned so much about why FODMAPs are a problem and how to avoid them in your diet. The recipe sections are very well laid out, making it easy to assemble the ingredients and prepare the recipes. And the photography! This author is a gifted food photographer — the photos are easily among the best I have ever seen. The colors and textures of the food just pop! The pictures are a great incentive to prepare the dishes with the same style and artistry of the author. I will make special mention of a few of the recipes that we have tried so far. The standout is the Maple Marinated Salmon with Sesame Spinach Rice. Low-FODMAP or not, this is the best salmon recipe we have ever had. Highly recommended! If soups are your thing, the Chicken Stock (Bone Broth) is the best beginning for chicken soup ever. It is loaded with rich flavor that makes a simply great soup. We simmer the stock in a slow cooker for 24 hours, then divide it up into 1-cup containers and freeze it for future use. What's dinner without dessert? The Peanut Butter Oatmeal Cookies are a hit around this house! Delicious! In conclusion, this is a great cookbook, loaded with delicious recipes and great photography. You will not be disappointed!

Too many "fancy" recipes. Have only cooked one recipe out of this book. Give down home alternatives. It is hard to buy a lot of the ingredients needed in my area as well as picky eaters in my household.

The cookbook is excellent and makes preparing meals a joy. My husband likes it as well, and her many tips are useful. The only reason I didn't give it five stars is because there is no nutritional info given for each recipe. I am really trying to increase my fiber intake and as it stands, I have to look up individual items to estimate that. For those who are watching their weight, such info could be helpful as well.

Good recipes and very helpful when needing to be on a strict diet for allergy reasons.

I only wish there were more Main Dishes, but have been having fun trying out the ones there are. So far the Keema is my favorite new recipe, in fact I'm going to try it out on guests soon! Hope they like it as much as I do.

Some good recipes but haven't tried any yet.

I LOVE IT!

Good recipes and easy to do.

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