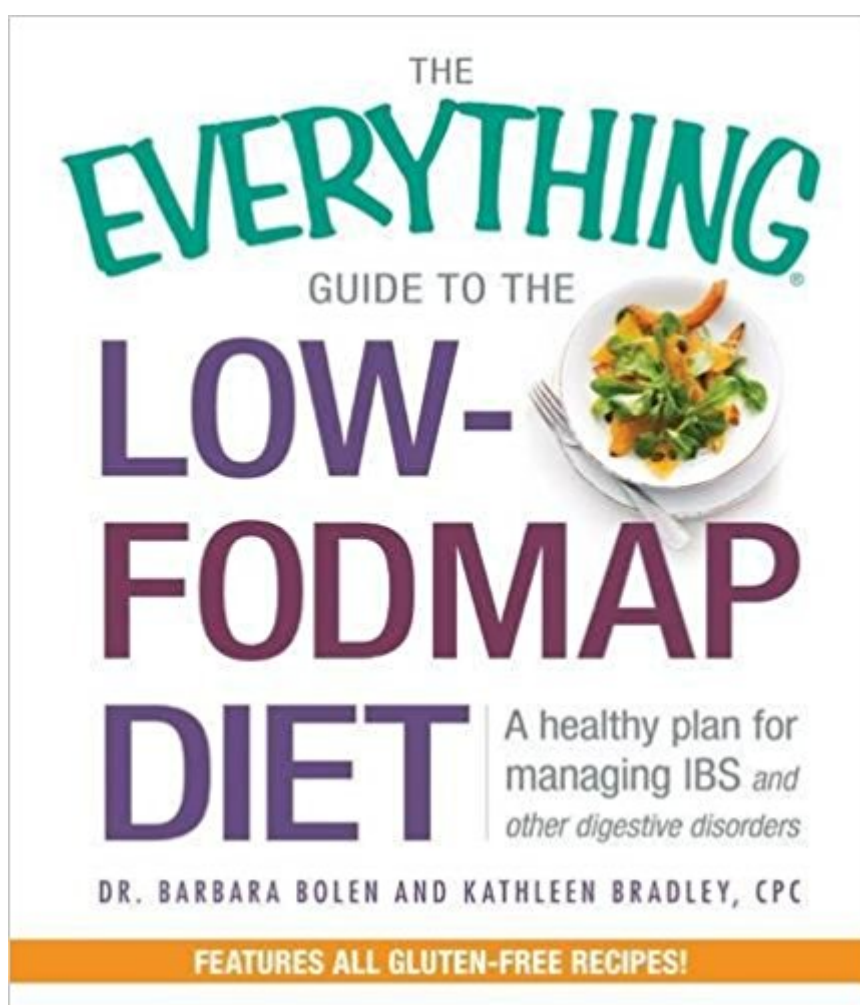


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# The Everything Guide To The Low-FODMAP Diet: A Healthy Plan For Managing IBS And Other Digestive Disorders



## Synopsis

150 recipes to ease painful symptoms and improve digestion! If you suffer with symptoms of IBS, you know that digestive troubles and pain can disrupt your day-to-day life. Fortunately, researchers have come up with a new treatment plan to help you control symptoms: a low-FODMAP diet. FODMAPs are a collection of short-chain carbohydrates that are difficult to digest and found in many common foods, like wheat, milk, beans, and some vegetables, fruits, and sweeteners. The Everything Guide to the Low-FODMAP Diet walks you through the step-by-step process for identifying your individual sensitivities--and gives you options and substitutions so you can enjoy your favorite foods again. Learn how to: Understand food allergies and intolerance Identify high- and low-FODMAP foods Eliminate FODMAP sources from your diet Stock your pantry for success Create your own personalized diet based on your unique needs Re-create favorite recipes using low-FODMAP ingredients Dr. Barbara Bolen, an IBS specialist, provides advice and tips for developing a personalized and realistic healthy eating plan. And with 150 low-FODMAP and gluten-free recipes, you can reduce digestive distress and feel great while enjoying satisfying and nutritious meals!

## Book Information

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## Customer Reviews

Dr. Barbara Bolen is the IBS Expert for About.com. She is a psychologist, health coach, and health writer specializing in digestive health. Kathleen Bradley, CPC, is a recipe developer, writer,

consultant, and certified professional coach. Her work has been featured in popular health and healthy cooking publications, including *Cooking Light*, *Health*, and *Self*.

I have a number of books on the low FODMAP diet (five so far). Most of the information I had researched online, but each of the books I have purchased contributed something (however small) new to my knowledge. However, knowledge is one thing; execution is something completely different. I can honestly say that of all the low FODMAP books I have - most of which has at least a few recipes in them - this book is by FAR my favorite and my automatic go-to cookbook. Some of the others include ingredients I know are not permitted, or only in small amounts, but no explanation or clarification is given. With the *Everything Guide*, though, there are tips, tricks, explanations, and helpful information sprinkled in with the recipes themselves. The recipes are clearly described and extremely tasty. Most of my family were a little unsure about this new way of eating, as I'm the only one with the gut issues, but I try a new recipe out of this book a few times a week and every single one has been a hit. My teenage daughter who has never liked mashed potatoes actually asked me to put EXTRA "Garlicky Smashed Potatoes" in her lunch, and my husband called them "phenomenal." I have yet to try a recipe in here that I don't like. I love the fact that the basics are included in this book - how to make your own traditional tomato sauce, Alfredo sauce, ketchup, meat rubs, chicken stock, soups, and so on. I've made the Traditional Tomato Sauce a few times now, and have used it in spaghetti with hamburger over gluten-free pasta plus in the Italian Chicken with Vegetables from the book (which was another smash hit and super easy to make). Even my comfort food, macaroni and cheese, has a couple low FODMAP friendly versions in this wonderful book. I have to do dairy free for a few weeks, but I'm hoping I can re-introduce dairy in lactose-free form within a month. You can be sure I'll be trying those out as soon as I can! The Peppermint Patties (under desserts) look fantastic, as does the coffee cake for breakfast (the quinoa "carrot cake" breakfast is excellent with a touch of maple syrup on top) and there are so many different types of foods and drinks that there's something for everyone here. A few minor quibbles I have include: 1) The number of servings each recipe makes is a little hard to locate, as they're in the box with the ingredients rather than at the bottom where the nutrition breakdown is located. 2) Some idea of how much prep time and/or cooking time involved would be helpful, indicated separately. That would be much easier than trying to read the recipe and trying to add it all up from the directions in the recipe itself. I've taken to writing down the estimated prep time vs cooking time on the page myself. That helps me plan my kitchen time and in turn, my menu for the week. 3) Some general idea of how much of each item is being made and what it can be used for if it's a basic/foundation

recipe. For example, I always double the recipe for the tomato puree, since I use it as the base for so many things (like the Traditional Tomato Sauce). This means coring, de-seeding, and dicing ten tomatoes. I had to experiment on my own and discovered that ten medium to large sized tomatoes reduces down to about 2.5 cups of tomato puree. I presume that if I followed the recipe as indicated (5 tomatoes) that it would work out to be around 1.25 cups. The book says it's about 1.5 cups using medium tomatoes, which means I should have 3 cups when I double it. I'm not sure if I'm not including parts that I should be including, and if that's why it's off by that much or what. I'd love to see a note at the bottom of some of these "foundation" recipes to indicate that this recipe (as-is) can be used to make one batch of Traditional Tomato Sauce, one batch of Tomato Paste, etc.<sup>4</sup>) I often find myself drooling over a new recipe, only to see in the ingredients list that it calls for something that is another recipe from this book. While it DOES say "(see recipe in Chapter #)" in the ingredients box after the name of the item, there's no page number to be able to quickly go to that recipe. You have to search for it in the chapter identified, either in the Table of Contents or the Index page at the beginning of each chapter. Page numbers would be VERY nice and helpful. I had a rough time at first because I had a recipe I wanted to make, then discovered it required something else I had to make, which in turn required two other things I had to make first. What I had hoped would be a few hours in the kitchen turned into three days of prep work (working around a full time job and family commitments) because I was not aware of all the things that had to be done in advance - no indication of this in the recipe. (I believe I had to make three recipes before I could get to the one I had planned to make for dinner that night.) The end result was spectacular and a new family favorite, but I'm just glad I was able to be flexible with my menu planning for that week! These minor issues aside, once I figured out how the book was organized and practiced some of the basic items a few times, things started moving more smoothly. I can't speak highly enough about the recipes, and since my gut issues started calming down almost immediately, I can only conclude that they work. I have five low FODMAP books right now, one of which is a regular cookbook, and three others all contain some to many recipes as well as information. Then there's this one, The Everything Guide to the low-FODMAP Diet, which I find to be the best of both worlds. It's written in an understandable and friendly style, and the green ink on ivory pages is easy on the eyes that are tired after a long day on the computer at work. It's refreshing to read a book for people in the USA, with units of measurement that are common and familiar here. I have no issue with the Australian/New Zealand/UK recipes at ALL - love most of them that I've tried! - but trying to do the units of measurement conversions and locating items (or adequate substitutions) for hard-to-find products in the USA has been taxing my brain quite a bit. That might be one reason I love this book

so much. No mental gymnastics required to make fantastic, gut-friendly food that my whole family enjoys. :) Final thoughts? HIGHLY RECOMMENDED. Flavors are excellent, extremely family-friendly fare. Just expect to have to really sit down and evaluate a recipe before you decide to make it so that you're sure you don't have to go backwards and make other things first. Doing that will help you plan and save both time and frustration.

I have had IBS for five years, and for the first year, I was going out of my mind trying to figure out what was causing the horrible pain and other symptoms associated with it. I knew it had to be caused by what I was eating, but just couldn't pinpoint the trigger foods, and my doctors were no help. Then I read a news article about research that linked high FODMAPs foods with IBS and gave the diet a try. It worked! But trying to stick with the diet, and not really knowing how much of a bad food I could tolerate, or trying to prepare long-time favorite dishes and having to leave out some of the main ingredients because I can no longer digest them, have been difficult. I was so excited to find this book! Without getting overly detailed, it first discusses how these foods are not digested properly by people who have IBS and cause the painful symptoms. It then gives some practical advice to help you get your life back to normal while eliminating the foods from your diet. There is a lot of really helpful, encouraging information for dealing with it all. The rest of the book is filled with recipes that should satisfy just about everyone, from a non-cook like me whose eyes glaze over when there are more than five ingredients, to the more sophisticated cook who wants to get the flavors just right. The pictures are beautiful and go a long way to make me feel better about having to give up so many of my favorite foods. Bottom line is, THIS DIET WORKS FOR IBS--and the book is like having your own personal diet coach!

I have just started but am optimistic! I've dealt with IBS for 25 years. I'm sick and tired of getting sick and missing entire days with pain. I like the straightforward approach. I don't have time to read a textbook and this is an easy informative read. Following on FB too.

This book is amazing, no amount of internet research was able to help me learn about the elimination diet, adding back in, and of course recipes. The only knowledge that was lacking was what foods fall into the different categories. So for the challenge phase I had to find a list that was broken down by category so I could focus on those for the week of testing. Some of the knowledge in this book changed how I view fodmaps and what can or cannot be added into a low fodmap diet.

The most valuable, informative book I have read regarding IBS. It is encouraging to identify with the descriptions/symptoms and to then be presented with options for solutions. Recipes are easy to prepare and pleasing to a family, avoiding to have to cook two separate meals. I feel a sense of relief and hope for the future. Thank you for such a book.

This book has been very helpful to me. Great in explaining how this plan works as a diagnostic tool; very supportive - I finally felt really understood; wonderful variety of recipes and they are gluten free; I liked the short explanations and additional info. on each recipe page; really appreciated the sources and resources in the back. That's how I learned about Monash, Kate Scarlata, Patsy Catsos and much more valuable info.

After reading about the LOW - FODMAP diet I thought it was crazy-hard to follow. This book's beginning gave hope and convinced me there could be a solution to deal with this frustrating syndrome. I thought the section reintroducing foods was not as clearly explained as I would have liked. It is typical of the "Everything Guide books. Easy to read, and reader gets a basic understanding of IBS.

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