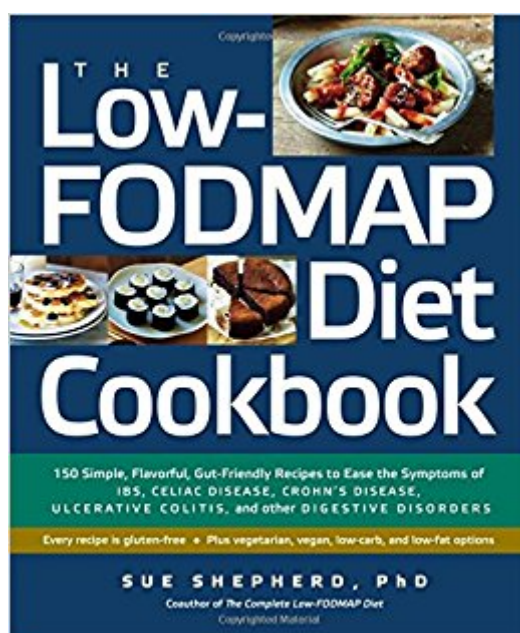


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# The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes To Ease The Symptoms Of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, And Other Digestive Disorders



## 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" wouldn't ever know it!

## Book Information

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## Customer Reviews

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've made two recipes from this book so far and am REALLY disappointed. Lasagna with TWO

teaspoons of cayenne and a teaspoon of chili powder? NOT an Italian flavor and had I actually put in the 2 teaspoons of cayenne (I used just one), it would have burned my face off and destroyed my stomach. Subbing heat for flavor is not the FODMAP answer. Also tried the Chicken Fried Rice - the cumin was a horrible spice idea for this dish. As I peruse more of the recipes, I question the spices used. I understand that there is a challenge without onion and garlic, but adding something to give flavor, the **WRONG** flavor, is frustrating as a cook and foodie. The comments on how most of the recipes are too involved for every day cooking - I have to agree. I've dumped a lot of food in the garbage disposal this week. I'll hold onto this as I wade my way through this unfortunate new lifestyle as a guide, but nothing more

Not very many simple recipes--I'm a lazy cook, I confess and live in a small town with no specialty stores to buy certain ingredients.

Those with acid reflux disease should avoid this book. Many of the recipes call for hot spices and/or acidic ingredients which I cannot tolerate. Other ingredients are hard to find. In addition there are few simple recipes and many are high in calories. My copy is headed for the trash bin.

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!

I was hoping for recipes an ordinary person (like me) would make. The recipes in this cookbook are really too complex and fancy for everyday cooking.

The information in this book is the same info you would find in any FODMAP diet book so nothing ground breaking there. The recipes were all fancy and not your everyday food. Not very helpful to someone that needs to eat regular everyday meals. I would not recommend this book to anyone!!

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