



Fodmap Diet Cookbook

By Penny Doyle

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Fodmap Diet Cookbook, Penny Doyle, Successfully identifying a group of fermentable, poorlyabsorbed short-chain carbohydrates, known collectively as FODMAPs, has revolutionized the treatment of Irritable Bowel Syndrome (IBS). This book clearly explains the theory and offers help and advice on putting it into practice through a diet that eliminates potential problem foods, assesses the results and then re-introduces them. The introduction is followed by carefully selected recipes, which will make following the diet easy and everyday eating a pleasure. With guidance on every aspect of the low-FODMAP diet, this book will help IBS sufferers make simple life changes that will make a huge difference.

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