



The Low-FODMAP Cookbook: 100 Delicious, Gut-Friendly Recipes for IBS and other Digestive Disorders

By Dianne Benjamin

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The Low-FODMAP Cookbook: 100 Delicious, Gut-Friendly Recipes for IBS and other Digestive Disorders By Dianne Benjamin

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!

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Editorial Review

About the Author

Dianne Benjamin started writing a food blog in 2010 after discovering a love of photographing food. She began contributing food photos to allrecipes.com for fun, and from there started her own blog, Delicious as it Looks. After discovering the low-FODMAP diet, she soon started converting her favorite recipes into low-FODMAP versions and sharing them on her blog. In addition to recipes, she likes to share her personal experiences with her health, IBS and food intolerance, as well as the goings-on in her life.

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From reader reviews:

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Karen Rodriguez:

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Carole Arehart:

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