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

Dianne Benjamin

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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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