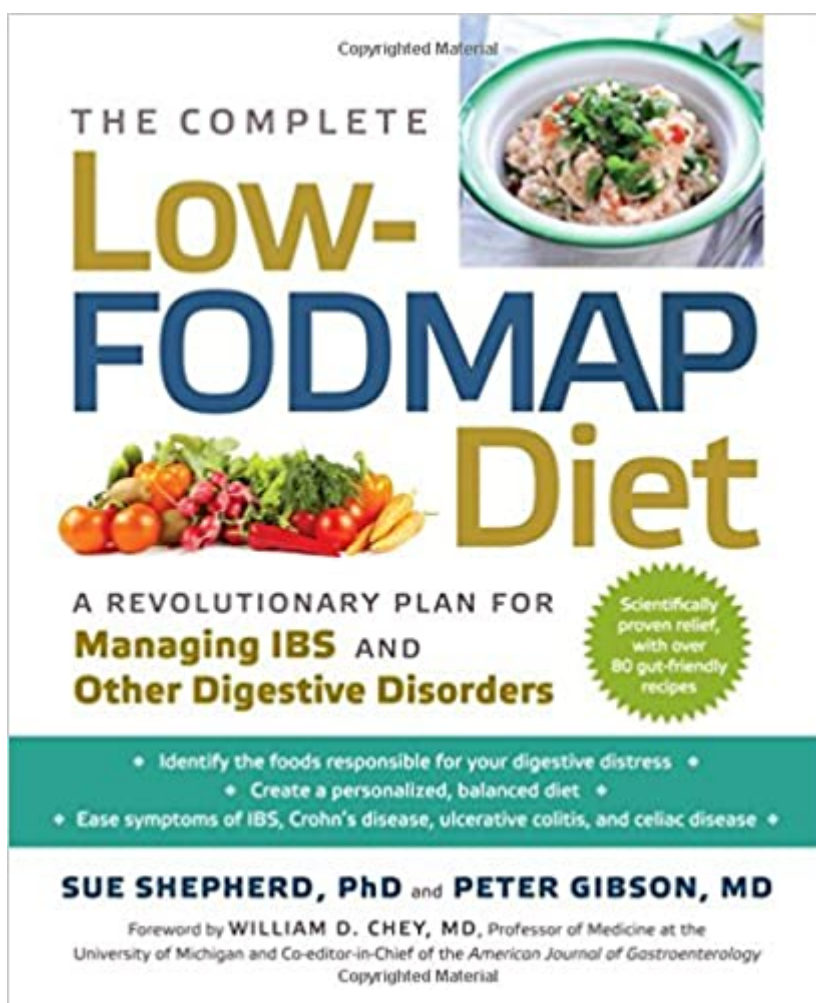


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The Complete Low-FODMAP Diet: A Revolutionary Plan For Managing IBS And Other Digestive Disorders



Synopsis

A diet plan proven to relieve symptoms of irritable bowel syndrome and other digestive disorders—presented by the world’s leading experts and tailored to you—A must-have survival guide—Gerard E. Mullin, MD, Associate Professor of Medicine and Director of Integrative GI Nutrition Services at the Johns Hopkins University School of Medicine—“What can I do to feel better?” For years, millions of adults who suffer from irritable bowel syndrome (IBS) have asked this question, often to be met with scientifically unfounded or inadequate advice. The low-FODMAP diet is the long-awaited answer. In clinical trials, over three quarters of people with chronic digestive symptoms gain significant relief by reducing their intake of FODMAPs—difficult-to-digest carbs found in foods such as wheat, milk, beans, soy, and certain fruits, vegetables, nuts, and sweeteners. In *The Complete Low-FODMAP Diet*, Sue Shepherd and Peter Gibson explain what causes digestive distress, how the low-FODMAP diet helps, and how to:

- Identify and avoid foods high in FODMAPs
- Develop a personalized and sustainable low-FODMAP diet
- Shop, menu plan, entertain, travel, and eat out with peace of mind
- Follow the program if you have IBS, celiac disease, Crohn’s disease, ulcerative colitis, or diabetes, and if you eat a vegetarian, vegan, low-fat, or dairy-free diet. And, with 80 delicious low-FODMAP, gluten-free recipes, you can manage your symptoms, feel great, and eat well—for life.

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Customer Reviews

“This detailed, yet easy-to-understand book is written by the two gurus of FODMAP, a scientifically proven dietary treatment that’s rapidly gaining recognition around the world. This book is the roadmap for eliminating problem foods and reintroducing items to find the customized food plan that works specifically for you. More than 80 gut-friendly, gluten-free recipes are included.”

•Living Without [Shepherd and Gibson’s] book does a nice job of explaining how and why a low FODMAP diet would be beneficial to many IBS patients. Their in-depth experience with the subject permeates throughout the book, as they offer many practical suggestions for following the diet, including food lists, meal plans, recipes and tips for navigating real-life situations. What makes this book a stand-out is the stunning photography and a sense that following a low FODMAP diet can actually be luxurious! . . . If you are interested in following a low FODMAP diet for your IBS, this book should absolutely be on your bookshelf. If you like to cook, you will want to keep it in your kitchen! . . . Choosing low FODMAPs foods offers such a wonderful alternative to a bland diet, and more importantly, allows you to take in the kinds of foods that are helpful for improving digestive health. This book will definitely guide you in fitting the diet into your lifestyle in a way that feels easy and natural.”

•Barbara Bolen, PhD, IBS.about.com “IBS has been a daunting problem for patients and their physicians for years. We have seen many drugs and different dietary fads come and go. So, it is wonderful that this solution has been developed for many patients with IBS: a diet based on sound scientific and physiological mechanisms. Combined with good medical care that includes testing for small intestinal bacterial overgrowth and fructose and lactose intolerance, the low-FODMAP diet can be individualized, liberalized, and tailored to each patient. This book also provides a great deal of information as to how the diet can be truly indulged in!”

•Peter H. R. Green, MD, Professor of Clinical Medicine and Director of the Celiac Disease Center at Columbia University “The low-FODMAP diet has revolutionized my practice and has helped so many of my patients. If you suffer from irritable bowel syndrome and choosing food is a challenge, this splendid book is a must-have survival guide. Begin your journey back to good gut health by using food as medicine. Kudos to Drs. Shepherd and Gibson!”

•Gerard E. Mullin, MD, Associate Professor of Medicine and Director of Integrative GI Nutrition Services at the Johns Hopkins University School of Medicine, and coauthor of *The Inside Tract: Your Good Gut Guide to Great Digestive Health*, <http://thefoodmd.com> “For those with celiac disease who continue to have digestive issues, *The Complete Low-FODMAP Diet* is a must-read. Drs. Shepherd and Gibson do a tremendous job both in identifying the foods responsible for digestive distress and in offering a

personalized approach to a balanced diet free from those triggers. With science-based information and easy-to-follow recipes, this book delivers the why and how that people are looking to know.

• Alice Bast, President of the National Foundation for Celiac Awareness (NFCA)

“Drs. Shepherd and Gibson have truly created a complete reference guide about the low-FODMAP diet. The book offers evidence that supports the use of the low-FODMAP diet to manage digestive symptoms, especially IBS. The authors walk you through precise diets, recipes, and menus to put the diet into practice. The recipes are easy to follow and the illustrations are quite breathtaking. I strongly recommend this book for all IBS sufferers.”

• Jeffrey D. Roberts, MS Ed, BSc, Founder of IBS Self Help and Support Group

Sue Shepherd, PhD, is coauthor of *The Complete Low-FODMAP Diet* and author of *The Low-FODMAP Diet Cookbook*. She is the director of Shepherd Works, Australia's premier private dietetic practice specializing in dietary conditions. A dietitian and senior lecturer at La Trobe University (Melbourne), Dr. Shepherd is an invited speaker at national and international medical conferences and has authored over 20 medical journal papers. She is also the consultant dietitian for the Medical Advisory Committee to Coeliac Australia and is a Fellow of the Rome Foundation. She herself has celiac disease.

Peter Gibson, MD, is Professor of Gastroenterology at Monash University and the Alfred Hospital (Melbourne, Australia). He is a world-renowned expert gastroenterologist in areas including the low-FODMAP diet, irritable bowel syndrome, and inflammatory bowel disease.

William D. Chey, MD, AGAF, FACG, FACP, RFF, is Professor of Medicine, Director of the GI Physiology Laboratory, and Co-Director of the Michigan Bowel Control Program at the University of Michigan. He also runs a clinical research group, serves as Co-editor-in-Chief of the *American Journal of Gastroenterology*, and is on the Board of Trustees of the American College of Gastroenterology and the Board of Directors of the Rome Foundation and Advisory Board of the International Foundation for Functional Gastrointestinal Disorders (IFFGD).

"*The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders*" lays out the principles for a diet to control the symptoms of irritable bowel syndrome as well as help for non-responsive celiacs and those with IBD whose symptoms may be aggravated by sensitivity to FODMAPs. The book is written by Sue Shepherd, PhD, an Australian nutritionist who was instrumental in developing the low-FODMAP diet, and by Peter Gibson, MD, a gastroenterologist at Monash University in Australia, which continues to do a lot of research on IBS and the low-FODMAP diet. FODMAP is an acronym for fermentable oligosaccharides,

disaccharides, monosaccharides, and polyols, which are all poorly absorbed short-chain carbohydrates. Indigestible sugars, in other words. Lactose, fructose, and polyols are poorly absorbed in many people, while fructans and galacto-oligosaccharides are not absorbed by anyone. When they are not absorbed, the sugars are easily fermented by intestinal bacteria, which produces symptoms. The first part of the book explains the principles behind the low-FODMAP diet. The second part of the book is recipes. There are about 60 pages of substance, followed by 190 pages of recipes and menus that I did not find at all useful. The good news is that the substance of the book is short and easy to digest (no pun intended, ahem). The authors begin by explaining the differences between food allergies, hypersensitivities, and intolerance. IBS symptoms are largely caused by intolerance. They briefly discuss the Rome III diagnostic criteria for IBS before getting into theories about causes and descriptions of common symptoms. Oddly, the authors are dismissive of small intestinal bacteria overgrowth (SIBO) as a cause, though there is now a large body of research on it. The attitude toward SIBO seems obtuse after a while, as the authors claim that the symptoms of IBS are caused by fermentation, by bacteria, of indigestible sugars but dismiss the idea that there are problematic bacteria there. The meat of the book is the tables of what foods you can and cannot eat, depending on which sugars you're not tolerating. There is a comprehensive table of low, moderate, and high-FODMAP foods on pages 44-45, which is the most handy reference (note that there is an error: broccoli is a moderate fructan food, not low). It is recommended that people with IBS follow the low-FODMAP diet strictly for 2 months, then introduce some other foods one at a time to test tolerance. The authors offer advice on how to do this, examples of what you might eat for snacks, drinks, and which alcoholic beverages are acceptable, baking tips, and substitutions for wheat flour. There is advice specifically for vegans, vegetarians, diabetics, celiacs, and children. I should warn you that the diet is very restrictive in that there are very few vegetables you can eat and fruit is also limited, more in quantity but less in variety than vegetables. To give you an idea, I have 60 vegetable soups in my repertoire, and only 14 are low-FODMAP -and that isn't even considering onions and garlic, for which I substitute oils. But the low-FODMAP diet relieves symptoms in 75% of those with IBS. It worked wonders for me, so I highly recommend trying it. I have some criticisms of this book, however. One, as I mentioned, is its indifference to finding and treating the causes of IBS. No one would want to stay on this diet forever, as it is difficult to get adequate vitamins and minerals due to the restrictions on fruits and vegetables. Unlike most medical diets, low-FODMAP restricts foods that are your primary sources of nutrition, not only filler foods like grains, sugar, and dairy products. There is no mention that fungal overgrowths can also cause IBS. There is no mention of IBS symptoms that are not confined to the

GI tract, namely neurological and inflammatory symptoms. For me, it was the neurological symptoms associated with fructose malabsorption that led me to seek and find this dietary solution. Also no mention that all of this fermentation of non-absorbed saccharides increases the permeability of the intestinal wall, causing some nasty systemic symptoms that are more alarming than IBS. In any case, the diet is very helpful -or the principles of it are. The sample diets are too low in vegetables and absurdly high in carbohydrates. Very bad if you have an intestinal overgrowth. But I've been on the low-FODMAP diet for 4 months now, so I offer some tips: (1) They are not kidding when they say that minute amounts of onion can cause trouble. Don't eat anything that has onion or garlic powder or unidentified "spices" in it, even in the smallest amount. You don't want one onion molecule. It took me months to identify and eliminate all onion contaminants. (2) You can cook with onion and garlic oils for flavor. Fructans are not soluble in oil. The botulism scare concerning garlic oil is from uncooked oil. If you cook garlic in oil, that will kill any and all nasty organisms. I substitute 1/2 teaspoon garlic oil for 1 clove garlic and 2 tablespoons onion oil for 1 large onion. (3) Remember that it is the total FODMAP load for each meal or sitting that matters. Even low-FODMAP foods can cause symptoms if ingested in huge quantity. Don't eat two moderate-fructan or moderate-polyol foods together. (4) You may want to eliminate moderate-fructan and moderate-polyol foods entirely until you are symptom-free, as you may not tolerate them as well as the authors suppose. (5) You can eat the green tops of onions, leeks, and related plants. The book mentions scallion tops, but I contacted the Department of Gastroenterology at Monash University to make sure that this was true of leeks as well. They said up to 1.5 cups of leek greens could be eaten. I use leek greens in place of onions to flavor vegetable and chicken broths for soup. (6) You will find that many fruits and vegetables are not mentioned in this book. You can sometimes find fructose/glucose numbers in online nutrition databases, so you can determine for yourself if a food is suitable. But there is no resource for fructan content. Monash University has a FODMAP smartphone app that may be helpful. I don't know how often they update it. (7) Don't bother with hydrogen breath tests for fructose or lactose malabsorption. The question isn't whether you have fructose or lactose malabsorption. You probably do. Most people do. The question is whether they are causing your symptoms. (8) If you don't tolerate heavy cream or half & half, or if you want to make your own lactose-free milk, a company called Seeking Health makes lactase drops. Let them sit in your dairy product for 24 hours to break down 70% of the lactose or 48 hours to break down 96%. There is a downloadable data sheet on Seeking Health's web site. (9) The book is not clear on what spelt bread products are suitable. It's sourdough spelt bread that has been proofed overnight so that the yeast has consumed all of the fructans.

An amazing book - detailed, but easy-to-understand. It gives all you need to implement the diet - what foods to eat at first, and what to reintroduce once you are at a healthy-feeling baseline. If you've been diagnosed with fructose malabsorption or IBS, but can't find reliable info about what you should eat, this is the most-reliable resource out there. This book is an updated version of "The Food Intolerance Management Plan", including the latest research results, recipe measurements in both cups and grams, and replaces some recipes that have ingredients that are difficult to find outside Australia. A family member went low-FODMAP a year ago, and has gone from feeling icky every day to feeling healthy every day. If you never feel healthy, it's nearly impossible to pinpoint your trouble-foods. This helped us get to a healthy-feeling baseline, so any problem-foods could finally be isolated. The low-FODMAP diet has been such a gift to our family!

Although the recipe section in this book leaves a lot to be desired, this is a very informative book for someone like me. My doctors (3) all told me I have IBS, but that's it. Not one of them ever suggested reading a good book on it. If it wasn't for 's product review aid and all those kind enough to write reviews I wouldn't have even known about low fodmap foods or what they were for. This is the best book I've read, so far, in both understanding IBS and what a low fodmap diet is. Now I hope to get a handle on the symptoms of this IBS. Thank you Sue Shepherd and Peter Gibson, .com and all you kind buyers who take the time to write a review on the products you purchase here.

Well written and laid out. Describes similarities and important differences between digestive maladies and celiac disease. Sets a clear course of action to find triggers for IBS and includes a concise list of acceptable food and those to avoid. Overall and interesting and easy read.

For someone suffering from celiac and hypothyroidism, I found that taking on a Paleo diet, while helping with the celiac, caused more gut problems than before. Started to suffer from bloating, constipation and distended stomach at every meal and I struggled to understand why. But the light finally went on. By removing all grains, I increased my fruits, fats and vegetable consumption. For someone who does not like sweets, blueberries are sweet to me, and never ate much fruit in my life, the sudden switch introduced me to problematic foods that my entire life, I avoided but didn't know I was doing so. This book helped me to understand why and gave me the knowledge that I needed to modify my diet.

I've been suffering from IBS problems over the last 3 years and I can say that, how come I did not discover this book before???? Easy and nice to read, great explanations about digestive issues and food triggers and besides that, the book comes with a list of High fodmap and low fodmap foods Helping you to see clearly what could be causing your food grieving, your concept about eating and select the right food I will change after you read this book. The nice part are the recipes included and a suggested diet that you can start. My Physician told me to learn more about IBS and I think that this book was a great helper. I can say that I am now really enjoying life better today without the unpleasant symptoms of reflux, cramps, bloating, etc. There is not a magical solution for this problem, but with this book and the discipline will help you to achieve your digestive well being. I just would like to suggest the author and your team to add on next book more simple recipes, with few ingredients that would be very significant on the daily basis.

Fantastic cook book. I have a ton of stomach issues. These recipes are easy to make. Taste great. And helps my stomach feel better. An A+ book...

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The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders
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Irritable Bowel Syndrome: The Ultimate Guide to Eliminating IBS and Living a Healthier Life (The Ultimate IBS Diet Guide, Managing IBS for Real People, Take Control of IBS, Eating for IBS)
The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity (Low-Fodmap Diet)
Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners)
Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2)
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