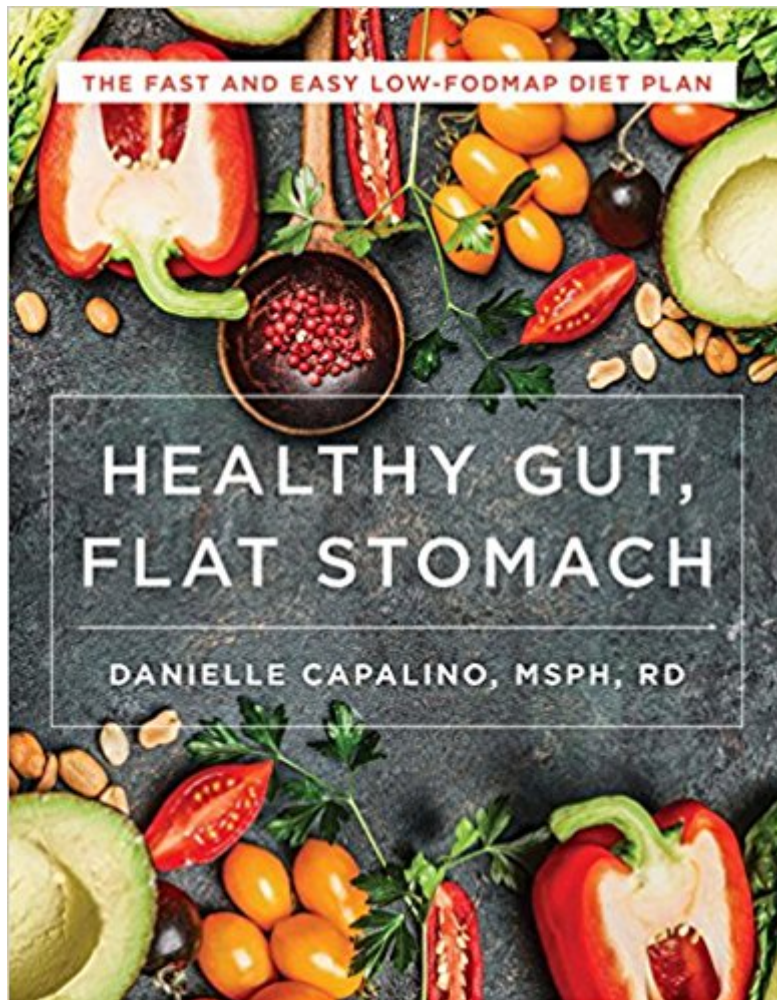




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# Healthy Gut, Flat Stomach: The Fast And Easy Low-FODMAP Diet Plan



## Synopsis

Beat bloat and discomfort with the scientifically proven, easy-to-follow, low-FODMAP plan. There are a lot of myths about beating stomach bloat and getting a flat tummy, but the FODMAP approach has been scientifically proven to work for both. FODMAPs are sugars found in certain foods that can be hard to digest, and can cause discomfort, gas, and IBS (irritable bowel syndrome) symptoms. Some of the most nutritious foods around are high in these sugars, frustrating people who eat well but still have tummy issues. Apples, garlic, onions, beans, dairy, bread, and cereals are on that list. It may sound complicated or far-fetched but the many converts who have tried the science-supported diet swear by it. In addition to useful everyday advice, the book includes:

- The differences and similarities between this diet and a gluten-free diet
- 7-day sample menu plan with recipes
- Simple and easy recipes for the basic items you need to adapt to fit into the low-FODMAP diet, including staples like salad dressing, marinade, and dips
- Clear explanations for the science behind the low-FODMAP diet and why it works
- 40 color photographs

## Book Information

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## Customer Reviews

Danielle Capalino, MSPH, RD, is a registered dietitian in New York City, providing nutritional counseling on digestive health. She is a graduate of the Massachusetts Institute of Technology and the Johns Hopkins School of Public Health.

I bought a total of 4 books about the Low FODMAP diet. This book is by far the best one and the only one I recommend. Danielle Capalino, the author makes it clear and easy to understand as well

as how to incorporate the diet into everyday busy life styles. With examples and a meal plan for 7 days as well as easy recipes this is my go to book for sure.

I am only half way through this book but its very, very good. I am reading it on my kindle and am having no issues so far. I saw some reviews that said the charts weren't to good but I am having no issues.

Very clear explanation of FODMAP and the ways you can change your diet.

So clearly written and EASY to understand and follow... A lifesaver if you've been suffering with everything digestive issues cause!

Very useful book for the health oriented person.

Great book! Way more info than my GI specialist gave me re: the elimination and reintroduction process. Highly recommend.

Helped tremendously. Simple to follow and there are plenty of foods to eat.n Informative.

It's a good reference.

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