



Low FODMAP Diet Recipes: Delicious Low FODMAP Diet Recipes For IBS Relief

Ken Adams

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Great Tasting Recipes For IBS Relief

The low FODMAP diet is a diet designed to provide relief for sufferers of irritable bowel syndrome and other gastrointestinal disorders. The low FODMAP diet restricts certain carbohydrates known as "FODMAPs", not all carbohydrates are FODMAPs. FODMAP's are much more difficult for the small intestine to absorb, which can trigger reactions in people who suffer from IBS.

Foods To Avoid:

High fructose foods (apples, honey, mangos, pears, watermelon)

Foods that contain high fructose corn syrup

Fructans (onions, garlic, leeks, barley, wheat)

Foods that contain Lactose (dairy products)

Legumes and beans

Polyols (fruits such as apples, cherries, prunes and plumes)

Mushrooms

It is recommended to check the labels on foods when grocery shopping to make sure that they do not contain these products.

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