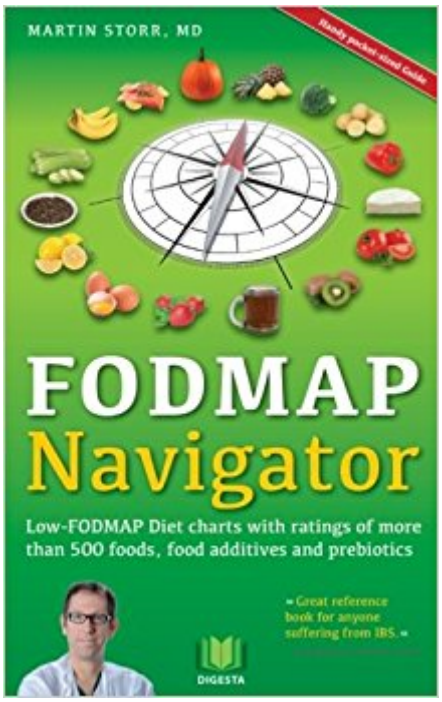
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The FODMAP Navigator: Low-FODMAP Diet Charts With Ratings Of More Than 500 Foods, Food Additives And Prebiotics



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Synopsis

Presently the low-FODMAP diet (fermentable oligo-di and monosaccharides and polyols) is regarded being the most helpful diet for patients with irritable bowel syndrome (IBS), inflammatory bowel disease (IBD) and other digestive disorders. Reducing FODMAP intake by consuming low-FODMAP foods and avoiding high-FODMAP foods may help to control or eliminate symptoms associated with these digestive diseases and may lead to a more comfortable belly. The countless number of books on the low-FODMAP diet serves as an indirect measure of the successfulness of the diet. For a varied and balanced low-FODMAP diet it is helpful to have information on the FODMAP rating for more than 50 foods. The FODMAP Navigator offers charts with FODMAP ratings for more than 500 foods, food additives and prebiotics. This FODMAP Navigator is an excellent chart book for everybody intending to go on or already conducting a low-FODMAP diet.

Book Information

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Customer Reviews

Martin Storr, MD, is a Professor of Gastroenterology associated with the University of Munich. His areas of special interest are functional and inflammatory bowel disorders. He is a world-renowned expert for irritable bowel syndrome (IBS), inflammatory bowel disease (IBD). Together with his team he authored numerous scientific articles as well as patient directed books. In 2009 he won the prestigious IFFGD (International Foundation for Functional Gastrointestinal Disorders) research award which is the highest distinction in the field and he is presently one of the leading experts on the low-FODMAP diet.

I love the recipes that are simple, quick, and look delicious. Also, the book has a lot of useful, additional info.

GREat list of goods and whether they are LOW or HIGH FODMAP ingredients. Lists are in two formats for easy access...

This is a great way to navigate your stomach’s needs. The food is healthy. The book is easy to understand. A must have.

Not really a "book" more of a LIST (although a bit more thorough than others out there), this was this was somewhat disappointing.

Great , it has helped me, and is easy to understand. I would recommend this book , toGet you on the right path

Very helpful. I keep it in my purse and can look at it when I need to

Concise and easy to take along for a reference

This is what I was looking for! There are so many books filled with great recipes...but I don’t cook. I just needed something to give me some basic info and a list of foods so that I can put together my own, simple recipes. I can use this to make my shopping list and as a kitchen and grocery store reference.

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