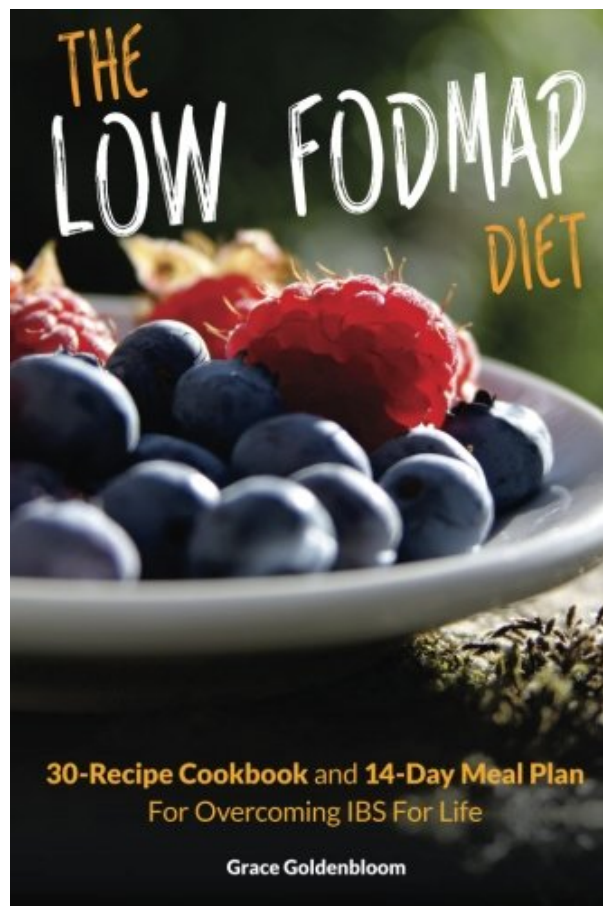
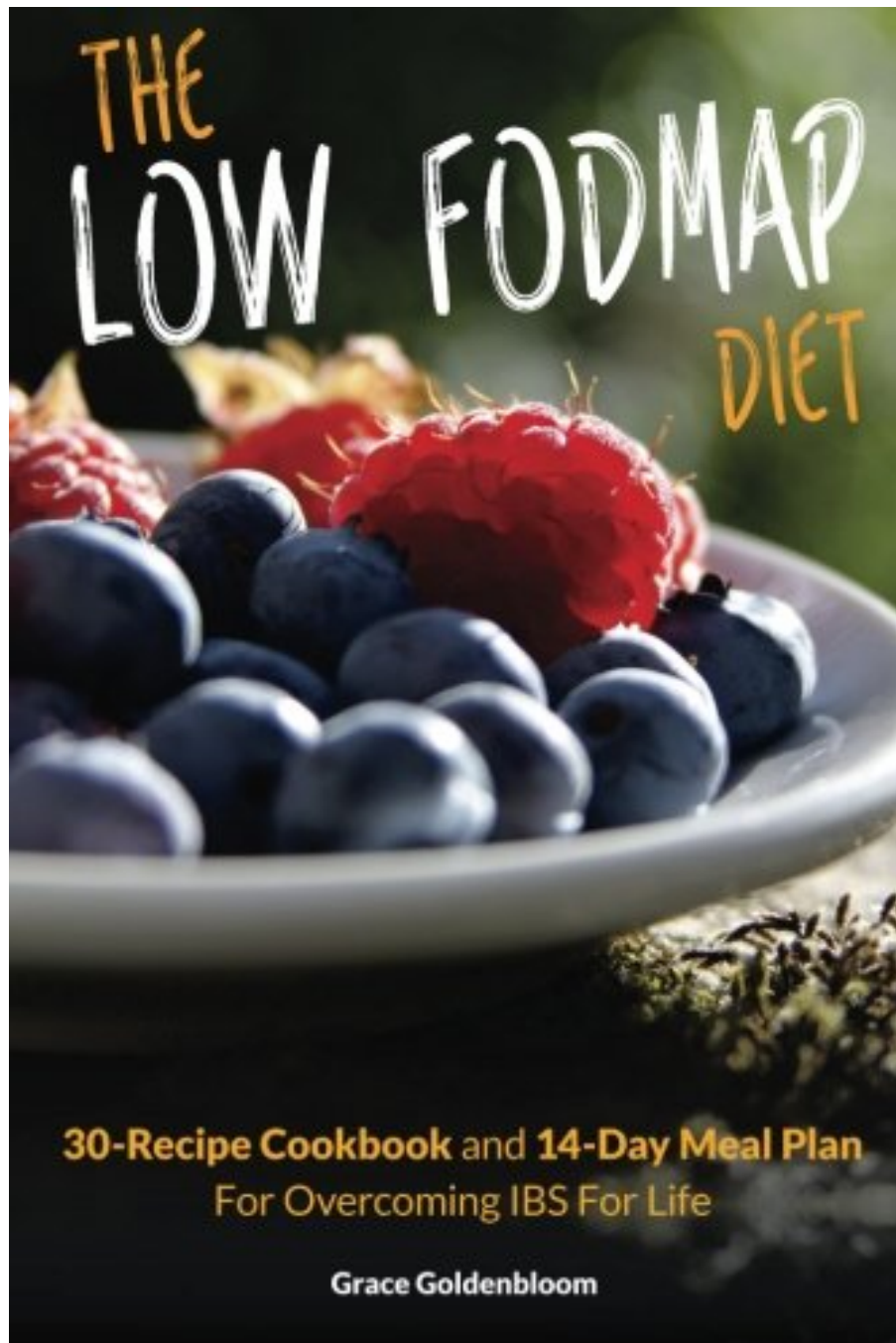


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About the Author

Grace Goldenbloom is an avid writer who enjoys getting knee-deep in research and sharing all of her discoveries in short, easy to read non-fiction books on a vast array of topics. Grace's biggest areas of interest are health and nutrition focusing on natural remedies with a touch of family and parenting. In her spare time Grace loves to be outdoors enjoying her hometown of beautiful Vancouver, British Columbia, where she enjoys walks on the seawall, climbing The Chief and lolly-gagging with her French Bulldog Biscuit.

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About the Author

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The FODMAP diet is new to us so we needed a really good book on how to follow it and make tasty meals. After giving several a good, my son is in love with the Vanilla Coconut Cupcakes and my husband wants me to make more of the Cilantro and Lime Grilled Shrimp.

The recipes are clear and easy to follow. Highly recommended for a good diet whether you suffer from IBS or not.

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This book is an enormous help to me in selecting ...

By Virginia Koch

This book is an enormous help to me in selecting the foods that I can safely eat and what foods I should avoid.

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Great guide for a confusing diet!

By EJ in NYC

I decided to try the low fodmap diet on the advice of my gastroenterologist. He had given me one list which explained the high and low food choices, but very little other guidance. I spent a lot of time online looking for more information and then decided to see if there were any books on the subject.

This book is a great overview of the diet and helps to explain what you should and shouldn't have. More importantly, it offers recipes and meal plans. Low Fodmap is NOT an intuitive diet and it's really hard to know what you can and cannot have except if you memorize the lists. It makes mealtime and snacktime extremely stressful, always wondering what you can eat. This book was a great support to have during the time I was on the elimination phase of the diet. It's also good for people who are interested in trying the diet without a serious need to do so.

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