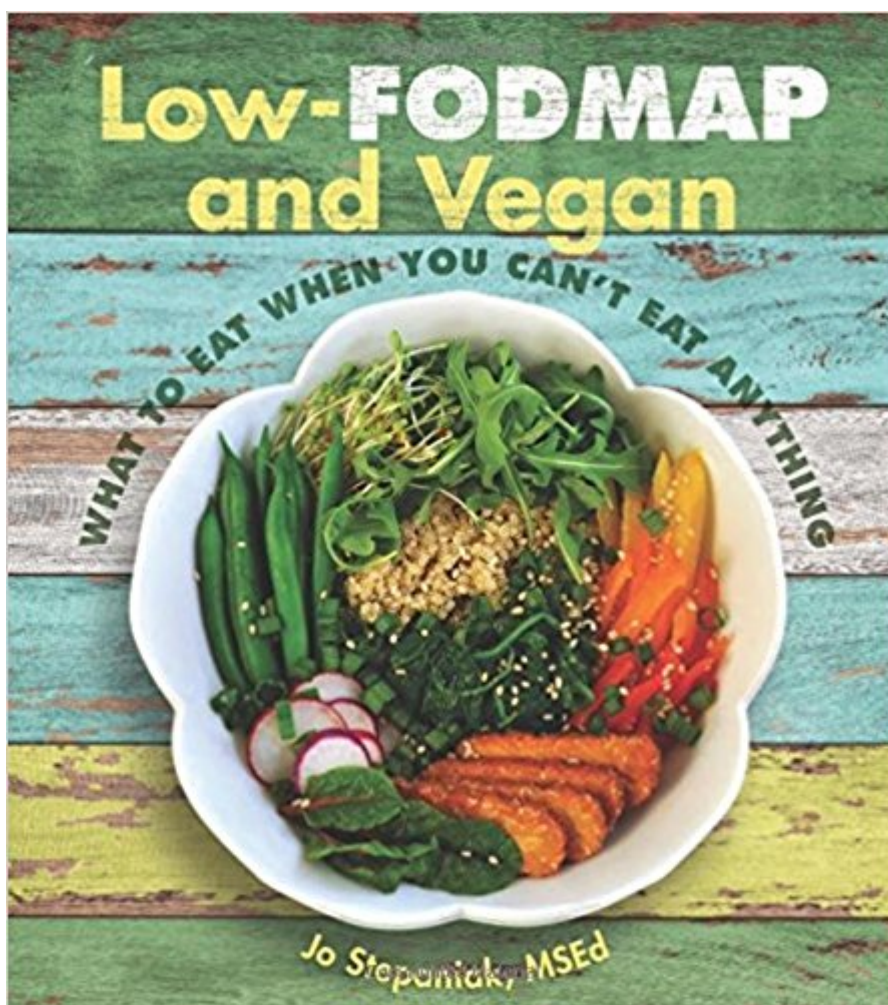




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# Low-Fodmap And Vegan: What To Eat When You Can't Eat Anything



## Synopsis

FODMAPs, a broad variety of naturally occurring carbohydrates found in many plant-based foods, can wreak havoc on sensitive digestive systems, especially in people who have irritable bowel syndrome and other functional bowel disorders. Pinpointing and eliminating FODMAPs while maintaining nutritional excellence can be especially challenging for vegans, because FODMAPs are found in an extensive range of common vegan foods and ingredients. In this groundbreaking resource and cookbook, Jo Stepaniak lays bare not only the FODMAPs vegans with IBS need to avoid, but also the wide assortment of nutritious plant-based foods that are generally well tolerated. Easy-to-read tables and shopping lists arm readers with all the information they need to navigate the supermarket and purchase kind-to-the-gut fruits, vegetables, grains, nuts, seeds, beverages, and condiments. Over 100 scrumptious low-FODMAP recipes will help readers prepare spectacular seasonings as well as mainstays for breakfast, lunch, dinner, and snacks, so they can stay healthy and satisfied while pampering their delicate digestive systems. More information can be found on [ibsvegan.com](http://ibsvegan.com).

## Book Information

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## Customer Reviews

I have shared this book with a number of patients who found it very user friendly. They liked the recipes and especially liked the beginning section where food choices are broken down as "safe," "caution," and "danger," along with the meal plans, how to actually cook the grains, and the list of low-FODMAP alternatives. More than just a book of recipes. Thanks so much from me and my

clients.< --Stacey Kargman, NMD, LAc

Jo Stepaniak is the author and coauthor of more than two dozen books on vegan cuisine, health, and compassionate living, including *Gluten-Free Tips and Tricks for Vegans*, *The Ultimate Uncheese Cookbook*, and *Gluten-Free Success Strategies*. She has dealt with multiple food sensitivities and understands firsthand the challenges of living with dietary restrictions.

There is so much care in putting this book together, from the accurate and well-organized background information about the Fodmap diet, to the delightful recipes with tips galore, I cannot say enough about this book. I am an R.N. who has battled IBS since a colon re-section in 2011 and concurring peritonitis and sepsis. I know I'm lucky to be alive! But I do appreciate credible and accurate information when it comes to my health issues, and all I can say is Jo writes with authority and the very latest in the Fodmap world. I want to thank her for assembling a resource that can be trusted for its validity and for its scrumptious vegan fare.

I wavered between giving this book four or five stars. The reason is I think it is really well written. It doesn't have all those silly testimonials many of these diet books have which drives me up the wall. Just filler in my opinion. No evoking names of celebrities who love the diet and no pats on the authors' backs by themselves. These are the things that usually throw me off regarding these types of books. This one is refreshingly all about the information the reader is looking for without all the hype. I really got a lot of helpful information I was surprised I already did not know since I have been reading books and trying diets to ease my IBS woes for decades. I ordered the book for my Kindle. The charts in the book are so tiny I can't read them well at all. It could be my ancient Kindle or it could be my ancient eyes but I just think it's one of those situations when a printed book will work better. So I am ordering the paperback copy where I hope to find the charts more readable. I would recommend this book for sure but with the caution to order a paper copy rather than the Kindle if the charts are important to the reader.

This book is terrific! Though written for people who would benefit from a vegan low-FODMAP diet, the recipes are a wonderful addition to any healthy vegan cookbook collection. Having all of the comprehensive information to help make appropriate food choices especially during flares is helpful for those who suffer periodic episodes of intestinal distress, too. I happily look at this as another resource for healthy living and thank Jo Stepaniak for her thorough research and delicious recipes!

Great cookbook, easy/simple recipes. And some good information on FODMAPS and gastrointestinal issues. Wish there were more photos though. I would recommend this cook book to anyone who has tummy problems or IBS. Or to anyone who just loves great food! :)

I have made several of the recipes in this book and every single one has come out either good or excellent. They are quick and easy to prepare. Also, they are satisfying and have not aggravated my symptoms. The author seems to have put a lot of work into this book, in terms of coming up with a good combination of recipes, and coming up with recipes that are, themselves, good, and I very much appreciate her having done so. There are also many nice photographs. Thank you!

Let me preface this review by stating that I would probably support anything written by Jo Stepaniak! Her book, *Raising Vegetarian Children*, was my virtual bible as I raised my vegan child. I think I have every book that Jo has written, and I've owned more than one copy of *Vegan Vittles* because I kept giving it away! So when I heard that Jo had written a vegan, low FODMAP book, I had to check it out, even though I don't have FODMAP or any other IBS issues! That said, several of my vegan cooking class students, and one of my best friends, follow a low FODMAP diet. While the diet alone sounds daunting, coupled with a vegan diet, it's no wonder why Jo subtitled her book, "What to eat when you can't eat anything." FODMAP triggers include onions, garlic, legumes (lentils are "safe" although portion control is key), and many other vegan foods. But hey, I can't eat quinoa, almonds, or chocolate because they are extremely high in oxalates; the point being that "everybody has something," so we just have to figure it out (or starve), don't we? Fortunately, in this book, Jo provides delicious, cruelty-free recipes. She maneuvers her way around onion and garlic issues without giving up the tastes entirely (no spoilers here). She also includes recipes for onion and garlic-free seasoning blends. I have tried (and loved) the Miso-Maple Tofu, Walnut Pate, and No-bake Peanut Butter Granola Bars (I had to substitute sunflower seed butter for peanut butter, and omit the chocolate chips because both are extremely high in oxalates). But my hands down fave so far, is the Greek Tofu-Feta, which I have been making every few days. In fact, I've been using the tofu-feta marinade over my Mediterranean Pasta Salad with great results! The resource guide at the end of the book is invaluable in locating hard-to-find ingredients such as peanut flour and flavored oils, and the tables alone (13 in all) are worth the price of admission. They provide information on which foods (in every food group) are safe, which ones to be cautious of, and which ones are dangerous ("trigger foods" may vary from person to person). Jo also provides a week's

worth of breakfast, lunch, and dinner menus, including desserts (who could feel deprived with 3 flavors of soft-serve ice cream?). Jo walks the walk. She has never veered off the path of revering the lives of all sentient beings, while simultaneously making health a priority. After years of suffering with IBS herself, she courageously offers ways to manage functional digestive disorders; ways that have been scientifically proven (with references). Whatever gastro-intestinal condition you may have, be it Crohn's disease, ulcerative colitis, celiac disease, or a "sensitive stomach," Low FODMAP and Vegan could be life-changing.

very informative in a language easy to understand with quick reference color coded guide to the foods safe for my Crohn's condition. This book is particularly helpful for me as the author endures this IBD condition and is also a vegan like me. Since following some of the advice from the book, I have noticed some improvement, though it is early days as the book is fresh in my possession. Clearly much research with the help of qualified people has given the book greater significance.

I'd give this twice as many stars if it was possible! Really helpful, easy to follow, and the recipes are wonderful.

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