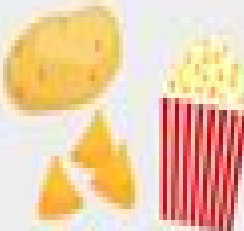


LOW FODMAP DIET

FOOD	VEGETABLES	FRUITS	PROTEINS	FATS	STARCHES, CEREALS & GRAINS
EAT	 lettuce, carrot, cucumber	 strawberries, pineapples, grapes	 chicken, eggs, tofu	 oils, butter, peanuts	 potatoes, tortilla chips, popcorn
AVOID	 garlic, beans, onion	 blackberries, watermelon, peaches	 sausage, battered fish, breaded meats	 almonds, avocado, pistachio	 beans, gluten-based bread, muffins

Low Fodmap Snacks For Irritable Bowel Syndrome

Wolfgang Guggemos



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