

# LOW FODMAP DIET FOOD GUIDE

## < LOW FODMAP >

### VEGETABLES

Vegetables are a crucial part of a healthy & balanced diet, but some of them can be problematic for low FODMAP dieters, as FODMAPs are often found in high amounts in certain vegetables.

For instance, asparagus contains fructans & fructose, making it high FODMAP. Eating large amounts of high FODMAP can worsen the symptoms of irritable bowel syndrome, such as bloating, gas, & abdominal pain. However, it's essential to remember that vegetables are a vital part of a healthy diet, so it's not necessary to eliminate them altogether. Instead, replace high FODMAP with low FODMAP ones to ensure a nutritious diet while reducing the risk of digestive issues.

Some examples of low FODMAP vegetables that are safe to consume in moderation include carrots, green beans, bell peppers, cucumber, lettuce, spinach, & zucchini. Many vegetables are a great source of vitamins, minerals, & fiber, making them beneficial for gut health. However, the portion sizes of these vegetables also matter when it comes to FODMAPs. To determine the appropriate portion sizes for your individual needs, it's recommended to consult a FODMAP-trained dietitian or use a FODMAP app that can help you track your FODMAP intake.

Overall, while some vegetables can be high in FODMAPs, you can still enjoy a variety of low FODMAP vegetables to maintain a healthy & balanced diet. With the help of a healthcare professional, you can find a balance between getting the nutrients your body needs & reducing your digestive discomfort.

- Alfalfa
- Bamboo shoots
- Bean sprouts
- Beetroot, canned & pickled
- Bok choy / Pak choy
- Broccoli, whole... 3/4 cup
- Broccoli, heads only... 5/4 cup
- Broccoli, stalks only... 1/5 cup
- Broccolini, whole... 1/2 cup chopped
- Broccolini, heads only... 1/2 cup
- Broccolini, stalks only... 1 cup
- Brussels sprouts... 2 sprouts
- Butternut squash... 1/4 cup
- Cabbage, common & red... 3/4 cup
- Carrots
- Celeriac
- Celery... less than 5cm of stalk
- Chicory leaves
- Chick peas... 1/4 cup
- Chili... if tolerable
- Chives
- Choy sum
- Collard greens
- Corn / sweet corn... if tolerable & only in small amounts... 1/2 cob
- Courgette... 65g
- Cucumber
- Eggplant/ aubergine... 1 cup
- Fennel
- Green beans
- Green pepper... 1/2 cup
- Ginger
- Kale
- Leek leaves

## < HIGH FODMAP >

- GARLIC  
AVOID ENTIRELY IF POSSIBLE  
(incl. garlic salt, garlic powder)
- ONIONS  
AVOID ENTIRELY IF POSSIBLE  
(incl. onion powder, small pickled onions)
- Artichoke
- Asparagus
- Beetroot, fresh
- Black-eyed peas
- Broad beans
- Butter beans
- Cassava
- Cauliflower
- Celery  
(greater than 5cm of stalk)
- Fermented cabbage  
(e.g. sauerkraut)
- Leek bulb
- Mange tout
- Mixed vegetables
- Mushrooms
- Peas, sugar snap
- Pickled vegetables
- Savoy cabbage... over 1/2 cup
- Soy beans
- Split peas
- Spring onion, bulb, white part
- Shallots
- Taro

## < LOW FODMAP >

### COOKING INGREDIENTS, HERBS & SPICES

They are an essential part of any delicious meal, but they can also be a source of high FODMAP ingredients. Onions & garlic are common ingredients in many recipes.

Herbs & spices can add flavor to dishes without adding high FODMAP ingredients. However, it's important to check the ingredients list of pre-made blends, as some may contain high FODMAP ingredients like onion powder.

- Spices:  
All spice, Black pepper, Cardamom, Chili powder (check ingredients, sometimes has garlic added), Chipotle chili powder, Cinnamon, Cloves, Curry powder, Five spice, Fennel seed, Fenugreek, Ground cardamom, Ground cloves, Ground fennel, Ground ginger, Ground nutmeg, Ground onion, Ground turmeric

- Herbs:  
Basil, Bay leaf, Carrot, Coriander, Dill, Mint, Oregano, Parsley, Ramps, Rosemary, Sage, Tarragon, Thyme
- Oils:  
Avocado oil, Canola oil, Coconut oil, Olive oil, Peanut oil, Rice bran oil, Sesame oil, Soybean oil, Sunflower oil, Vegetable oil

- Alkal powder
- Asafoetida powder  
(great onion substitute)
- Baking powder / Baking soda
- Cocoa powder / Cocoa powder
- Cream, 2 tablespoons
- Ghee, clarified butter... 1 tbsp
- Gelatine
- Icing sugar
- Lard
- Mango Powder... 1 tsp
- Nutritional yeast
- Salt
- Tahini, hulled... 30g

THIS IS A SAMPLE SCREENSHOT

# GI Diet Cheat Sheet

**Gillian Burn**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

## **GI Diet Cheat Sheet:**

**Your Cheat Sheet To The Glycemic Index Diet** Anna Gracey, 2013-09-13 Your Cheat Sheet To The Glycemic Index Diet is a fantastic book that gives the reader the opportunity to learn the various effects that food has on the body. The thing is that many persons simply consume foods and do not really know how many carbohydrates they are consuming or how these carbohydrates have an effect on the level of sugar in the blood. They simply know that when they eat certain foods they tend to feel a certain way whether it be energized or lethargic. The author has used the book as the medium to get the message across to many as to how the body works and the role that the Glycemic Index has to play and why in the long run it is beneficial to go on a Glycemic Index diet. It is a text that is easy to read and is a great resource for anyone seeking information on this particular diet.

**The GL Diet For Dummies** Nigel Denby, Sue Baic, 2011-03-31 If you're sick of no carb diets or just looking for a healthy eating plan then the GL Diet is for you. No more calculations, no calorie counting and no more cravings for carbs as long as you stick to foods that are low in GL you can stay healthy and lose weight without having to go without. The GL Diet For Dummies explains the science behind the plan, helps you to incorporate GL into your everyday life and gives readers 80 recipes to try.

**Healthy Mind and Body All-in-One For Dummies** Gillian Burn, 2009-12-18 You're sluggish, unhappy and unfit. You want to change your ways but don't know where to start. Sound like you? With a little bit of motivation it's possible to revamp your health starting right now and this time-conscious mind and body bible contains all the tools and advice you need to get you started. Combining the best bits of eight top Dummies self-help titles: Healthy Mind Body All In One For Dummies has got kick-starting your health covered from eating better and improving your nutrition to finding your nearest pilates class, being more active day to day and dealing with stresses at work or anxiety at home. You'll have bags more energy and a positive mental attitude to match. So what are you waiting for? Healthy Mind Body All In One For Dummies includes excerpts from the titles: Nutrition FD, The GL Diet FD, Fitness FD, Yoga FD, Pilates FD, Stress Management FD, Overcoming Anxiety FD, Overcoming Depression FD. Healthy Mind Body All In One For Dummies covers: Book I: The Importance of Your Health. Chapter 1: Understanding the Elements of Healthy Nutrition. Chapter 2: Exploring an Active Lifestyle to Boost Your Health. Chapter 3: Examining Your State of Mind. Book II: Food and Nutrition. Chapter 1: The Key Facts About Healthy Nutrition. Chapter 2: Knowing What to Eat and What Not to Eat. Chapter 3: Exploring How Food Affects Your Health. Chapter 4: Taking a Look Inside the GL Diet. Chapter 5: Incorporating the GL Diet into your Daily Life. Book III: Physical Health. Chapter 1: Understanding the Benefits of Being Physically Active. Chapter 2: Taking an Active Approach to Fitness. Chapter 3: Exploring Types of Exercise to Suit Your Lifestyle. Chapter 4: Why Yoga Can Help You. Chapter 5: Stretching your Body Through Some Yoga Postures. Chapter 6: Seeing What Pilates Can Give You. Chapter 7: Giving Yourself the All Body Pilates Workout. Book IV: Mental Health. Chapter 1: Acknowledging the Importance of Personal Well Being. Chapter 2: Taking a Positive Approach to Depression. Chapter 3: Discovering Techniques to Overcome Depression. Chapter 4: Examining Anxiety in

its Different Guises Chapter 5 Exploring How to Conquer Anxiety Chapter 6 Delving Into Stress Chapter 7 Managing Stress Proactively      Summary & Study Guide - The End of Diabetes Lee Tang,2017-03-27 Prevent and Reverse Type 2 Diabetes No Drugs or Medicine Needed Includes Diet Cheat Sheet This book is a summary of The End of Diabetes The Eat to Live Plan to Prevent and Reverse Diabetes by Joel Fuhrman M D This book summarizes the key concepts of Dr Fuhrman s Eat to Live Plan to prevent and reverse diabetes It also includes a diet cheat sheet which is a concise summary of the dietary principles including a general guidelines b foods to eat daily c foods to eat in moderation and d foods to avoid Dr Fuhrman s Eat to Live Plan to prevent and reverse diabetes has been tested by thousands of individuals with extraordinary results If you take it seriously and follow the advice you ll see radical improvements in your health For Type 2 diabetes the program delivers No more highs and lows in blood sugar Less insulin the dosage is cut by half in the first week and totally eliminated within three to six months Healthy lean and stable body weight Normal life span without complications Reversal of diabetes and diabetes related complications For Type 1 diabetes the program delivers No more highs and lows in blood sugar Less insulin typically the dosage is cut by half Healthy lean and stable body weight Normal lifespan without complications If you want to end Diabetes read and apply what you learn in this book This guide includes Book Summary helps you understand the key concepts Online Videos cover the concepts in more depth Diet Cheat Sheet A concise summary of the dietary principles including a general guidelines b foods to eat daily c foods to eat in moderation and d foods to avoid Value added from this guide Save time Understand key concepts Expand your knowledge      **The Cheat to Lose Diet** Joel Marion,John Berardi,2008-05-27 Burn Fat Faster with your favorite foods Author fitness expert and Body for Life champion Joel Marion often found himself doing exactly what we all do when a diet simply isn t working quitting But through a series of diet screwups Joel discovered a startling truth cheating on your diet can actually accelerate fat loss Here finally is a diet that works with your body to help you lose fat faster than restrictive dieting ever could The Cheat to Lose Diet includes a simple weekly plan in which more carbohydrates are deliberately added with each passing day leading up to the Cheat Day when you ll cheat BIG with all your favorite foods Never again will you feel guilty for indulging in the foods you love because you ll learn that dietary cheating is absolutely vital to your success This innovative new diet plan has already helped dieters around the world lose weight and keep it off so start cheating and losing today Based on cutting edge medical research The Cheat to Lose Diet reveals the hormonal connection between strategic cheating and fat loss that will change the way you diet forever Muscle Magazine International      Summary & Study Guide - The End of Heart Disease Lee Tang,2017-03-29 Prevent and Reverse Heart Disease No Drugs or Medicine Needed Includes Diet Cheat Sheet This book is a summary of The End of Heart Disease The Eat to Live Plan to Prevent and Reverse Heart Disease by Joel Fuhrman M D This book summarizes the key concepts of Dr Fuhrman s Eat to Live Plan to prevent and reverse heart disease It also includes a diet cheat sheet which is a concise summary of the dietary principles including a general guidelines b foods to eat daily c foods to eat in moderation and

d foods to avoid By following this nutritional plan you will Lower and normalize your blood pressure and LDL cholesterol Lower your weight body fat and resolve diabetes type 2 Improve your immune function and help you age more slowly Stop Read and Take Action to Reverse Your Heart Disease This guide includes Book Summary helps you understand the key concepts Online Videos cover the concepts in more depth Diet Cheat Sheet A concise summary of the dietary principles including a general guidelines b foods to eat daily c foods to eat in moderation and d foods to avoid Value added from this guide Save time Understand key concepts Expand your knowledge

*Outpatient Nutrition Care: GI, Metabolic and Home Nutrition Support* Carol Ireton-Jones, 2023-11-13 As the number of patients receiving home care nutrition support increases proper assessment and management of this therapy is crucial and clinicians need to practice at an advanced level This second edition provides practical nutrition care information for professionals working with individuals outside of the hospital including registered dietitians nurses pharmacists and physicians It covers screening assessing and treating malnutrition outpatient nutrition care in diabetes cardiovascular disease gastrointestinal disease and home enteral and parenteral nutrition Each chapter describes the disease process as well as the management of the disease or therapy Key Features Presents practical information on proper nutrition care of individuals in the outpatient setting and those receiving home nutrition support New information on GI tests and procedures gastroparesis pancreatitis parenteral lipids and bariatric surgery Expanded chapter on short bowel syndrome and malabsorptive disorders Additional information on feeding options including an overview of oral oral supplements and enteral and parenteral nutrition Teaches the user additional information on disease processes as well as the management of the disease or therapy

**Burn Fat Fast** Patrick Holford, Kate Staples, 2013-06-06 Burn Fat Fast is quite simply the easiest healthiest and most effective way to lose weight Alternate day dieting which involves taking in a very low amount of calories on alternate days is all the rage this diet takes it to a whole new level In this book Patrick Holford outlines how by combining elements of alternate day fasting with a low glycemic load GL diet you can lose fat fast without going hungry or compromising your health For those new to the low GL diet it is a way to keep your blood sugar even Why do this Because if your blood sugar level resembles a rollercoaster ride you ll have a lot of insulin in your system and insulin is the fat storing hormone In Burn Fat Fast you ll find Simple easy to follow guidelines on how the diet works An outline of what to eat and what to avoid on both phases of the diet Guidance on fitting the diet into your lifestyle A short highly effective fat burning exercise routine developed by former Gladiator and Olympic athlete Kate Staples And if you need any more encouragement consider this as well as encouraging the storage of fat insulin promotes disease and ageing so by combining a low GL diet with alternate day fasting you will not only lose fat fast but also improve your health and longevity

**The 5-Day Diet** Patrick Holford, 2020-05-28 Kickstart ketosis lose weight gain energy and transform your health in just five days Pioneering research has shown that a diet that is low in carbs and calories and high in good fats that trigger ketosis can counteract many diseases and boost wellbeing better than water fasts In The 5 Day Diet

nutrition expert and co author of The Hybrid Diet Patrick Holford provides you with a tried and tested plan to trigger a self repair process called autophagy which renews and rejuvenates your cells reboots your metabolism and detoxifies your body This book breaks down the science and how it works while giving you daily meal plans recipes and exercises Whether you are after a quick fix with lasting results or looking to improve overall wellbeing The 5 Day Diet is a springboard to better health

Women's Health All-In-One For Dummies The Experts at Dummies,2025-02-10 A complete guide to total wellness for women of all ages Women s Health All in One For Dummies is a guide to health healing balance and prevention at every age Improve your own health and help close the gender health gap by learning everything you need to navigate bias in the healthcare system and advocate for your own wellness Brought to you by experts from all over the world this book gives you all the information you need to feel great and live longer including detailed coverage of PCOS sex gut health pregnancy perimenopause menopause breast cancer and other women s health issues Packed with up to date information on staying fit preventing disease understanding common medical problems and getting state of the art care This Dummies All In One empowers you to take charge of your health and set off on the road to lifelong well being Learn how your hormones influence your health at every stage of life Get advice on sexual health gut health pregnancy and common medical problems Advocate for yourself and find doctors who understand and respect your experience Bust stress stay in shape improve your diet manage chronic illness and live life to its fullest Doctors and researchers have neglected women s health but that s all starting to change Women s Health All in One For Dummies has up to date information for women of all ages and stages of life who are looking to take charge of their health and set off on the road to lifelong wellbeing *The Prediabetes Diet Plan* Hillary Wright, M.Ed., RDN,2013-11-05 A practical empowering guide to managing and reversing prediabetes through diet and exercise from a registered dietitian now revised and updated for 2024 Affecting 96 million Americans prediabetes often develops into full blown type 2 diabetes one of the leading causes of death in the United States Increasingly diagnosed by doctors prediabetes is a condition in which blood sugar levels are elevated but not yet high enough to be labeled diabetes While diabetes cannot be cured prediabetes can be reversed so it is critical to take action at an early stage In straightforward jargon free language The Prediabetes Diet Plan explains insulin resistance the underlying cause of prediabetes and type 2 diabetes and offers a comprehensive strategy of diet and lifestyle change which has been proven more effective than medication With sections on meal planning grocery shopping dining out supplements and exercise this book empowers you to make healthier everyday choices that can effect real change on your insulin levels and overall well being 101 Healthiest Foods Joanna McMillan Price,Judy Davie,2009-04-07 Everyone knows that it s important to eat right But with so many choices who has the time to figure it all out 101 Healthiest Foods takes the hard work out of making smart food choices With its one to five star rankings and quick reference lists this book is the ultimate tool for finding and enjoying the incredibly nutritious foods that allow one to live longer be healthier and feel happier every day An empowering health book 101

Healthiest Foods identifies the best of the best across all food groups including the healthiest fruits vegetables carbs proteins fats drinks and even treats The authors break down each of the 300 foods and provide the science behind the rankings so readers can fully understand why some foods are better than others In the end readers will see how easy it is to create a healthy diet that maximizes the goals of achieving and maintaining great health **Thomas' Hematopoietic Cell**

**Transplantation, 2 Volume Set** Stephen J. Forman, Robert S. Negrin, Joseph H. Antin, Frederick R. Appelbaum, 2016-12-27 Fully revised for the fifth edition this outstanding reference on bone marrow transplantation is an essential field leading resource Extensive coverage of the field from the scientific basis for stem cell transplantation to the future direction of research Combines the knowledge and expertise of over 170 international specialists across 106 chapters Includes new chapters addressing basic science experiments in stem cell biology immunology and tolerance Contains expanded content on the benefits and challenges of transplantation and analysis of the impact of new therapies to help clinical decision making Includes a fully searchable Wiley Digital Edition with downloadable figures linked references and more References for this new edition are online only accessible via the Wiley Digital Edition code printed inside the front cover or at [www.wiley.com/go/forman\\_hematopoietic](http://www.wiley.com/go/forman_hematopoietic) **The PCOS Diet Plan, Second Edition** Hillary Wright, M.Ed., RDN, 2017-05-02 An updated edition of registered dietitian Hillary Wright's popular book on nutrition and lifestyle management of PCOS this prescriptive guide focuses on using diet and exercise to manage polycystic ovary syndrome and has new information on diet therapy and exercise current food and fitness logging technologies and all new nutrition backed meal plans PCOS is the most common hormonal disorder among women of reproductive age according to the Mayo Clinic Characterized by numerous small cysts in the ovaries PCOS affects up to 10 percent of all women and 14 million women in the United States alone It is linked to infertility diabetes heart disease and endometrial cancer While this disorder is believed to be genetic and incurable it is controllable In this prescriptive plan dietitian Hillary Wright demystifies the condition by explaining its underlying cause insulin resistance and helps readers understand how diet and lifestyle can influence reproductive hormones and decrease risk for diabetes heart disease and infertility This book is packed with simple dietary and nutritional specifics day to day strategies sample meal plans and shopping and snack lists Updates include new information on diet therapy and exercise the newest research on PCOS and soy and dairy revised meal plans and updated resources and shopping lists The PCOS Diet Plan is the most comprehensive and authoritative guide to managing this increasingly diagnosed condition **The John Hopkins Textbook of Dyslipidemia** Peter O. Kwiterovich, 2012-03-28 The first comprehensive text on dyslipidemia from a major academic institution this book covers all aspects of dyslipidemia as it relates to human disease including coronary artery disease cerebrovascular disease peripheral vascular disease and pancreatitis The material is presented in a clinician friendly format and includes references for additional reading Reflecting current guidelines from the National Cholesterol Education Program the book explains why when and how to treat dyslipidemia Coverage includes dietary treatment drug

treatment and recommendations for special populations such as patients with coronary heart disease patients at high risk for coronary heart disease patients with diabetes women older adults young adults and racial and ethnic groups

**The Green Smoothies Diet** Robyn Openshaw, 2009-08-25 A cookbook from The Green Smoothie Girl with juice and smoothie recipes that capture the nutritious superfood benefits of fruits and vegetables Looking for a quick flavorful and nutritious way to stay youthful and healthy The Green Smoothies Diet provides the perfect solution Green smoothies are the best way to power up your body and supercharge your health in just minutes a day Packing a tasty nutrient filled punch in every sip these ultrahealthy smoothies pair leafy green vegetables with delicious antioxidant rich fruits Discover how green smoothies help you Lose Weight Detoxify the Body Increase Energy Fight Heart Disease Prevent Diabetes Certain Cancers Boost the Immune System Make Skin and Hair Beautiful Features easy to make recipes like Rad Raspberry Radicchio Black Kale Blackberry Brew Red Pepper Mint Julep Grapefruit Cilantro Booster Big Black Cabbage Cocktail

**Diabetes Meal Planning and Nutrition For Dummies** Toby Smithson, Alan L. Rubin, 2013-10-21 Food awareness nutrition and meal planning advice for people with diabetes Diabetes Meal Planning and Nutrition For Dummies takes the mystery and the frustration out of healthy eating and managing diabetes Both the newly diagnosed and the experienced alike will learn what defines healthy eating for diabetes and it's crucial role to long term health why healthy eating can be so difficult and how meal planning is a key to successful diabetes management Diabetes Meal Planning and Nutrition For Dummies takes the guesswork out of eating and preparing diabetes friendly foods You'll learn whether popular diets fit or don't fit into a healthy eating plan what to shop for how to eat healthy away from home which supplements you should consider and how to build perfect meals yourself To get you started this book includes a week's worth of diabetes friendly meals and fabulous recipes that demonstrate how delicious food and effective diabetes management can go hand in hand Includes helpful information for people with both type 1 and type 2 diabetes as well as exchange lists for diabetes Explains how your surroundings and your biology conspire to encourage unhealthy eating and how you can gain control by planning in advance Helps you to understand that fabulous nutritionally balanced food and diabetes management can go hand in hand If you or a loved one has been diagnosed with diabetes Diabetes Meal Planning and Nutrition For Dummies is packed with expert advice surprising insights and practical examples of meal plans coupled with sound nutritional advice

*The Antioxidant Counter* Mariza Snyder, Lauren Clum, 2011-02-08 Offers antioxidant scores for more than two hundred foods as well as a diet plan and fifty antioxidant rich recipes

**Obesity** Debasis Bagchi, Harry G. Preuss, 2012-07-06 The World Health Organization WHO has declared obesity a global epidemic Its prevalence has more than doubled since 1980 causing a myriad of health problems for children and adults Obesity Epidemiology Pathophysiology and Prevention Second Edition explores the molecular mechanisms and pathophysiology leading to obesity and metabolic disorders It examines the safety of obesity drugs and drug development strategies as well as the role of physical activity nutrition and nutraceutical supplements in obesity treatment



and prevention With contributions from a cadre of internationally known experts the book covers a spectrum of essential topics related to this widespread phenomenon including The relationship between obesity and type 2 diabetes The addiction mechanism related to refined foods as a significant factor in obesity The correlation between obesity and environmental estrogens endocrine disruption cigarette smoking and inflammatory response The role of drug and chemical toxicities and genomic imprinting disorders in obesity The safety and regulation of prescription and over the counter weight loss drugs Various diets the glycemic index and the role of exercise in treating or preventing obesity Controversy over effective vs banned weight loss supplements Childhood obesity and its prevention Bariatric surgery for weight management and reversal of metabolic disorders As the public has become more aware of the deadly adverse effects of obesity numerous products and programs have targeted the overweight and obese population many with dangerous side effects It is essential that we develop strategic therapeutic intervention supported by credible data This volume is an ideal reference point for researchers looking for new avenues of inquiry and practicing medical professionals clinical nutritionists and dietitians seeking guidance for their patients

*Aging Well with Diabetes* Medha Munshi, Sheri Colberg, 2025-04-29 An essential guide to navigating diabetes for older adults and their caregivers In *Aging Well with Diabetes* Dr Medha Munshi and Dr Sheri Colberg provide practical advice to redefine living with diabetes in later life As experts in geriatric care and diabetes management they introduce a clear and accessible 10 step action plan to help you manage diabetes effectively while enhancing your overall vitality and independence Each step in the action plan is detailed with achievable goals making it a crucial toolkit for anyone living with diabetes or caring for someone who does The authors discuss Comprehensive health management including dietary adjustments physical activity medication management and more How aging and diabetes interact detailing the physiological changes and challenges that come with managing diabetes at an older age The diversity of experiences among older adults with diabetes and the importance of personalized treatment plans Practical tips and strategies such as modifying exercises to prevent falls and dietary tips that accommodate older digestive systems Guidance for caregivers and health care providers on how to support older adults with diabetes Whether you re newly diagnosed or a long time diabetic this guide will empower you to take control of your health and manage your diabetes with confidence and grace as you age

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## GI Diet Cheat Sheet Introduction

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