


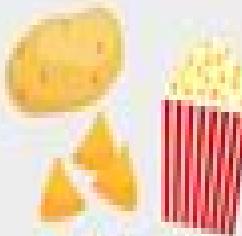




LOW FODMAP DIET

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

Low Fodmap Snacks For Irritable Bowel Syndrome

SJ Ball



Low Fodmap Snacks For Irritable Bowel Syndrome:

The Enigmatic Realm of **Low Fodmap Snacks For Irritable Bowel Syndrome**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Low Fodmap Snacks For Irritable Bowel Syndrome** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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Low Fodmap Snacks For Irritable Bowel Syndrome Introduction

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