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While fiber can help some people with IBS, increasing fiber intake can worsen symptoms if you frequently have gas and diarrhea. Before you completely eliminate fiber from your diet, concentrate on...

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5.0 out of 5 stars Eating for IBS 175 Delicious, Nutritious, Low-Fat, Low Residue Recipes. Reviewed in the United States on September 11, 2013. Verified Purchase. the preface of this book was filled with information! I really had a hard time putting this book, but there was so much good information that you need to absorb.

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Oligosaccharides, such as garlic, onions, leeks, beans, artichokes, dried fruits, plums, watermelon, wheat, rye, barley, pistachio and cashew nuts, as well as inulin (also called chicory root), a plant fiber often added to vitamins and supplements and low-fat foods like yogurt. Disaccharides, high-lactose foods such as milk and yogurt.

## **The Best IBS Diet: What to Eat to Calm Your Belly IBS ...**

She provides a comprehensive overview of IBS, explicit eating and cooking strategies, travel and restaurant advice, daily menus, supermarket ideas, and 175 delicious recipes. How delicious? Eating for IBS was a finalist for the IACP (International Association of Culinary Professionals) Health and Special Diet Award - also known as the "Julia ...

## **Eating for IBS Diet & Cookbook ~ Heather's Tummy Care**

Eating for IBS : 175 Delicious, Nutritious, Low-Fat, Low-Residue Recipes to Stabilize the Touchiest Tummy by Heather Van Vorous. Hachette Books, 2000. Paperback.

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