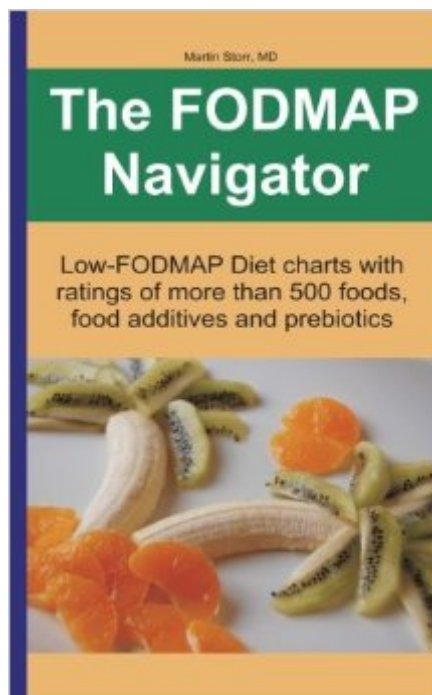


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# The FODMAP Navigator: Low-FODMAP Diet Charts With Ratings Of More Than 500 Foods, Food Additives And Prebiotics



## Synopsis

Presently the low-FODMAP diet (fermentable oligo-di and monosaccharides and polyols) is regarded being the most helpful diet for patients with irritable bowel syndrome (IBS), inflammatory bowel disease (IBD) and other digestive disorders. Reducing FODMAP intake by consuming low-FODMAP foods and avoiding high-FODMAP foods may help to control or eliminate symptoms associated with these digestive diseases and may lead to a more comfortable belly. The countless number of books on the low-FODMAP diet serves as an indirect measure of the successfulness of the diet. For a varied and balanced low-FODMAP diet it is helpful to have information on the FODMAP rating for more than 50 foods. The FODMAP Navigator offers charts with FODMAP ratings for more than 500 foods, food additives and prebiotics. This FODMAP Navigator is an excellent chart book for everybody intending to go on or already conducting a low-FODMAP diet.

## Book Information

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (20 customer reviews)

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## Customer Reviews

This is what I was looking for! There are so many books filled with great recipes...but I don't cook. I just needed something to give me some basic info and a list of foods so that I can put together my own, simple recipes. I can use this to make my shopping list and as a kitchen and grocery store reference.

This books is useles to me. I had hoped it would be an expanded list of foods in addition to what my nutritionist gave me and the Monash University app has, but it doesn't even break anything down. It just has high or low next to each food and doesn't explain what a FODMAP is other than spelling out

the acronym. It isn't broken down by fructose, fructans, lactose, fibers, etc. so you can avoid specific FODMAPs that give you trouble. It is a rather plain, boring book in which the layout looks like it was thrown together in Word.

When it comes to FODMaps, there is no consensus on some items as to whether or not they are low or high in FODMaps. Even Monash's FODMaps booklet and app aren't consistent and/or are incomplete. The FODMAP Navigator breaks down items into two categories--low and high--whereas the Monash's booklet and app break down items into three categories--low, moderate, and high. The Monash's booklet and app, unlike The FODMAP Navigator, also provides details on which FODMaps the items are moderate or high in. So why even get The FODMAP Navigator? You can get it now and you can get it in a digital format if you get the Kindle version. I have all three: the Kindle version of The FODMAP Navigator, Monash's printed booklet, and Monash's app.

My digestion is cranky, and I've found that following the fodmap guidelines helps. This little book is very handy in that regard. I can carry it with me -- very useful when eating out. And I can study the list in idle moments. Having a list in your memory is better than a book or an app! I like the organization. Foods are grouped by category, and there's a pure alphabetical listing as well, so you can quickly check if a particular edible is a yes or a no-no. While it's true that a list from the Internet can be as helpful as this, I prefer carrying a slim little book to carting around a sheaf of paper or looking things up on my phone. But that's just me.

Concise and easy to take along for a reference

Shopping with this in my purse has been really helpful. It doesn't have some really common items. But, since I am new at using the FODMAP it has been really helpful

Informative and convenient to carry in my purse. It's just a small, slim book, but loaded with the items necessary to find which FODMAPS are high and low. I'm so glad I ordered it.

Professor STORR has written the most comprehensible and helpful book to solve digestive problems; The recipes are easy and delicious; after years of discomfort, I feel finally so much better by following Ford And after the initial 6 weeks I was able to reintroduce small quantities of favorite food that I had missed without any side effects or pain. I am very thankful. LILIANE..

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