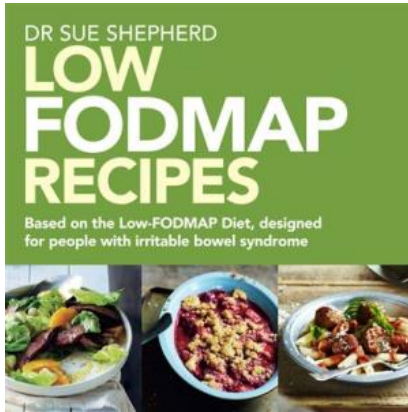


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LOW FODMAP RECIPES



Penguin Aus., 2013. Paperback. Book Condition: New. 1. 12.9 x 19.8 cm. Sue Shepherd is a highly regarded dietitian who suffers from coeliac disease. She has devoted much of her career to finding a way for people with dietary restrictions to enjoy life without feeling they are missing out. In 1999 Sue developed the Low-FODMAP Diet to cater for people with intolerances to fructose, wheat, lactose, sorbitol and other FODMAPs - making it possible for people with irritable bowel syndrome...

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- Authored by Shepherd, Sue
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