

Bookshelf

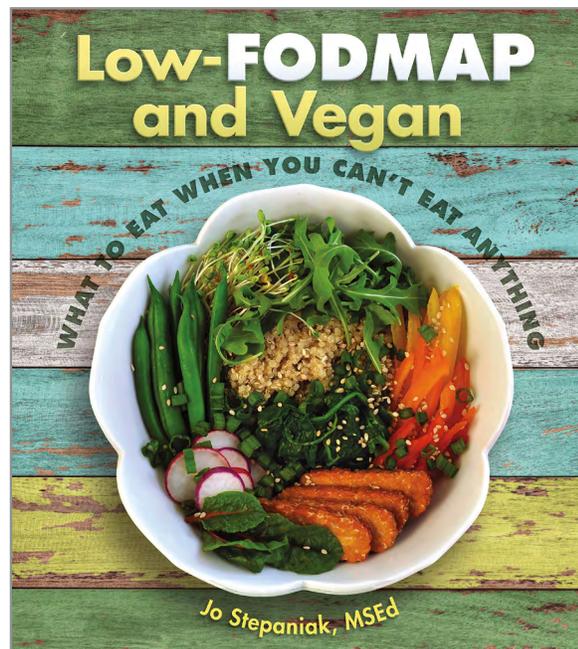
Low-FODMAP and Vegan: What to eat when you can't eat anything

Jo Stepaniak has authored and co-authored many books about food, health, and compassionate living; see the complete list of her books at her website: www.grassrootsvegan.com. For her current book, Ms. Stepaniak provides answers to the very difficult question, "What if I feel worse when I transition to eating vegan?" Suffering from stomachaches, headaches, and bowel issues beginning at an early age, she spent years trying to get relief by any means necessary (elimination diets, cleanses, probiotics, and more) while maintaining a healthy lifestyle. She finally found that a low-FODMAP approach helped and had to share it with the world.

The introductory chapters are concise, but detailed and engaging for both practitioners and patients. Chapter 1 educates the reader about the common, yet complex disorder known as Irritable Bowel Syndrome (IBS). Chapter 2 delves into a variety of healthful lifestyle and dietary approaches to manage IBS symptoms, as well as common food-related triggers with suggested rationales for each. Chapter 3, "The Better You Eat The Worse You Feel," discusses how many nutritious plant foods can cause great distress. These foods all have something in common: indigestible carbohydrates rapidly fermented by intestinal bacteria, known as the FODMAPS or fermentable oligosaccharides (fructans and galactooligosaccharides), disaccharides (lactose), monosaccharides (fructose), and polyols (polydextrose and sugar alcohols). This chapter also contains helpful lists and amounts of foods, organized by category, that are "safe," "eaten with caution," and "dangerous." Chapter 4 helps readers "Navigate FODMAPs Safely" and address specific foods (e.g., soy products, wheat, and onions), read food labels and dine out. Chapter 5 provides advice for managing flare-ups with lists of common high-FODMAP foods and alternatives, along with an extensive shopping list and pantry guide. The author also includes advice for reintroducing FODMAPs and strategies for planning the "perfect low-FODMAP vegan plate."

The remaining chapters provide more than 100 recipes along with useful tips. Staples include many flavorful homemade herb and spice blends, I Can't Believe It's Not Cheese Spread, Lentil Hummus and more. This prolific cookbook author has included creative and enticing recipes, such as: Pumpkin Pie Mousse, Breakfast Quinoa, Indian-Style Chard, Potatoes and Carrots, Lemon Rice with Kale and Mint, Creamy Lentil and Coconut Soup, and Warm Thai Noodle Salad. Along with Pennsylvania Dutch Sweet-and-Sour Dressing and Herbed Balsamic Dressing, you'll find her recipes for "Good-For-Your-Gut" Sauces: Barbecue, Marinara and Tomato Salsa.

This book fills a clear need, as suggestions and strategies for helping patients find relief from IBS are few and far between; the fact that it is entirely vegan is something to celebrate! As soon as I became familiar with this book, and how useful it was, I began to recommend it with confidence. It is approachable, practical and communicates important information, namely, "Yes, you actually have lots of options when it seems like you can't eat anything" in a positive, yet realistic way. Stylistically, it feels inviting, gentle and calming, particularly helpful for patients who are often exhausted from their difficult journeys and increasingly desperate to find solutions.



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By **Jo Stepaniak, MEd**

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