



# The Irritable Bowel Diet Book

*Rosemary Nicol*

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## **The Irritable Bowel Diet Book** Rosemary Nicol

Irritable Bowel Syndrome affects up to 20 per cent of the population, and the right food can make a huge difference to how you feel. The Irritable Bowel Diet Book provides enormously popular recipes and suggestions for healthy and enjoyable meals. The new edition of this tried and tested book will help you identify which foods cause you problems, and is full of creative ideas for eating on a restricted diet. Topics include: • What is IBS • Wheat and other problem foods • Food allergy or food intolerance • Sensible advice about fibre in the diet • Exclusion diets, including FODMAPs • Recipes and ideas for breakfast, lunch and dinner • Bread, cakes and biscuits • What to choose for snacks and work lunches • Eating out • Resources and further help

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