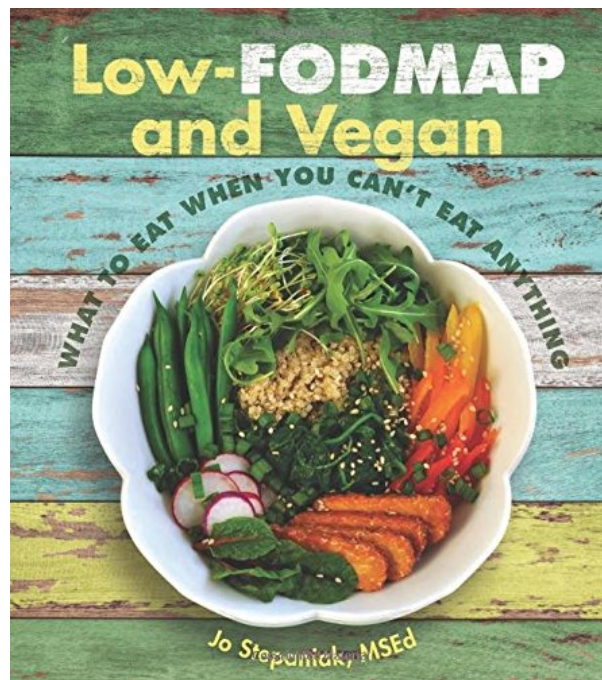
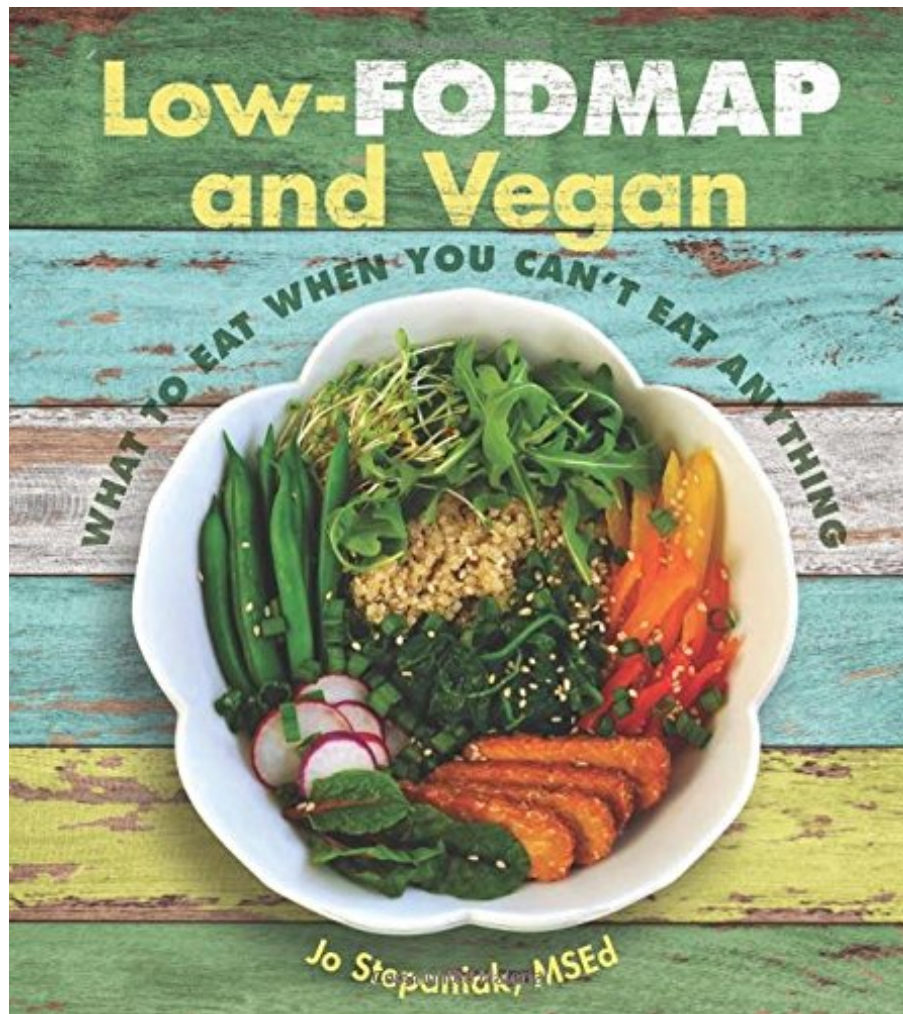


LOW-FODMAP AND VEGAN: WHAT TO EAT WHEN YOU CAN'T EAT ANYTHING BY JO STEPANIAK



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About the Author

Jo Stepaniak is the author and coauthor of more than two dozen books on vegan cuisine, health, and compassionate living, including *Gluten-Free Tips and Tricks for Vegans*, *The Ultimate Uncheese Cookbook*, and *Gluten-Free Success Strategies*. She has dealt with multiple food sensitivities and understands firsthand the challenges of living with dietary restrictions.

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FODMAPs, a broad variety of naturally occurring carbohydrates found in many plant-based foods, can wreak havoc on sensitive digestive systems, especially in people who have irritable bowel syndrome and other functional bowel disorders. Pinpointing and eliminating FODMAPs while maintaining nutritional excellence can be especially challenging for vegans, because FODMAPs are found in an extensive range of common vegan foods and ingredients. In this groundbreaking resource and cookbook, Jo Stepaniak lays bare not only the FODMAPs vegans with IBS need to avoid, but also the wide assortment of nutritious plant-based foods that are generally well tolerated. Easy-to-read tables and shopping lists arm readers with all the information they need to navigate the supermarket and purchase kind-to-the-gut fruits, vegetables, grains, nuts, seeds, beverages, and condiments. Over 100 scrumptious low-FODMAP recipes will help readers prepare spectacular seasonings as well as mainstays for breakfast, lunch, dinner, and snacks, so they can stay healthy and satisfied while pampering their delicate digestive systems. More information can be found on ibsvegan.com.

- Sales Rank: #34061 in Books
- Published on: 2016-05-15
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .40" w x 7.90" l, .0 pounds
- Binding: Paperback
- 144 pages

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12 of 12 people found the following review helpful.

No frills vegan recipes that will agree with your tummy!

By veggiegal

Let me preface this review by stating that I would probably support anything written by Jo Stepaniak! Her book, *Raising Vegetarian Children*, was my virtual bible as I raised my vegan child. I think I have every book that Jo has written, and I've owned more than one copy of *Vegan Vittles* because I kept giving it away!

So when I heard that Jo had written a vegan, low FODMAP book, I had to check it out, even though I don't have FODMAP or any other IBS issues! That said, several of my vegan cooking class students, and one of my best friends, follow a low FODMAP diet. While the diet alone sounds daunting, coupled with a vegan

diet, it's no wonder why Jo subtitled her book, "What to eat when you can't eat anything."

FODMAP triggers include onions, garlic, legumes (lentil are "safe" although portion control is key), and many other vegan foods. But hey, I can't eat quinoa, almonds, or chocolate because they are extremely high in oxalates; the point being that "everybody has something," so we just have to figure it out (or starve), don't we? Fortunately, in this book, Jo provides delicious, cruelty-free recipes. She maneuvers her way around onion and garlic issues without giving up the tastes entirely (no spoilers here). She also includes recipes for onion and garlic-free seasoning blends.

I have tried (and loved) the Miso-Maple Tofu, Walnut Pate, and No-bake Peanut Butter Granola Bars (I had to substitute sunflower seed butter for peanut butter, and omit the chocolate chips because both are extremely high in oxalates). But my hands down fave so far, is the Greek Tofu-Feta, which I have been making every few days. In fact, I've been using the tofu-feta marinade over my Mediterranean Pasta Salad with great results!

The resource guide at the end of the book is invaluable in locating hard-to-find ingredients such as peanut flour and flavored oils, and the tables alone (13 in all) are worth the price of admission. They provide information on which foods (in every food group) are safe, which ones to be cautious of, and which ones are dangerous ("trigger foods" may vary from person to person). Jo also provides a week's worth of breakfast, lunch, and dinner menus, including desserts (who could feel deprived with 3 flavors of soft-serve ice cream?).

Jo walks the walk. She has never veered off the path of revering the lives of all sentient beings, while simultaneously making health a priority. After years of suffering with IBS herself, she courageously offers ways to manage functional digestive disorders; ways that have been scientifically proven (with references).

Whatever gastro-intestinal condition you may have, be it Crohn's disease, ulcerative colitis, celiac disease, or a "sensitive stomach," Low FODMAP and Vegan could be life-changing.

7 of 7 people found the following review helpful.

A Great Cookbook for Anyone With IBS

By Kris Giovanini

As a person previously diagnosed with IBS, I was excited to receive this book. Although it is written for vegans with IBS, I think it is a book that will benefit ANYONE who has IBS, vegan or not. The recipes are good and the complicated topic of IBS is explained in an easy to understand way. Apart from the helpful information on IBS, most recipes are simple to prepare and include ingredients likely already on hand in most kitchens. So far I have made a Bliss Bowl, the Red Pepper & Pine Nut Sauce, Spinach & Pine Nut Pesto, No-Bake Peanut Butter Granola Bars, Garden Vegetable Soup, Zucchini in a Pickle and Maple Miso Tofu, all with excellent results. I look forward to making all of the Good-to-Your-Gut Sauces and many, many more Bliss Bowls! This book isn't about what you can't eat with IBS. Rather, it's all about the delicious food you CAN eat and all while helping to heal your gut. I ordered a second copy as a gift for an IBS sufferer who is not vegan. I know she will also love this book!

2 of 2 people found the following review helpful.

Jo Stepaniak's "Low-FODMAP and Vegan" is a life-saver!!!

By Roseann Marulli

I can't say enough good things about Jo Stepaniak and "Low-FODMAP and Vegan"!

Since I was tiny, doctors have been testing me for digestive issues, and even though my intestinal biopsies always came back negative, they kept telling me it was celiac and that a gluten-free diet would cure all my

ills. After years of my being gluten-free and still having a pregnant-looking belly, my gastroenterologist sent me to a dietitian who suggested a low-FODMAP diet. As a vegan, I thought it would be impossible, since most beans are out of the question—and who wants to give up onions and garlic?!? And my dietitian wasn't very knowledgeable about vegan diets and kept giving me recipes that focused on animal protein. But then along came Jo Stepaniak and "Low-FODMAP and Vegan"! Finally, I have a resource for all of my questions, not to mention meal suggestions, shopping lists, and so many mouthwatering recipes that I now know that following this diet does not mean living a flavorless life!!

Since getting the book and committing to the diet, my stomach bloating has decreased almost completely, and I'm eating an even greater variety of foods without feeling sick and bloated afterward!! So far I've only made the Two-Way Tempeh Salad—over and over and over again because it replaced an untuna recipe I loved but that didn't love me back because it contains chickpeas, red onion and celery. Jo's recipe uses tempeh, scallions and carrot instead, and it is so amazingly delicious that I no longer feel like I have to miss out to feel good!

I'm currently reading the recipe section as if it's the latest best-seller—which this book should be! Next up on my tasty to-do list, in no particular order: Herbed Tempeh Nuggets, Chickenless Chicken, Good-to-Your-Gut Vegetable Stock, Basmati Rice Pudding, Tortilla Pull-Aparts, Barbecued Tempeh Short Ribs, Classic Lentil Loaf, Loaded Baked Potatoes, Creamy Vegetable SoupWar, Thai Noodle Salad...the list goes on and on and on!!

If you have persistent digestive issues, I urge you to give "Low-FODMAP and Vegan" a try! Your tummy will thank you, and your tastebuds will too! I owe a huge debt to Jo and this book: I feel better, I look great, my clothes fit, and I'm able to enjoy food again. What more could anyone ask for??

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About the Author

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