



The FODMAP Navigator: Low-FODMAP Diet charts with ratings of more than 500 foods, food additives and prebiotics

By Martin Storr

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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.

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Editorial Review

About the Author

Martin Storr, MD, is a Professor of Gastroenterology associated with the University of Munich. His areas of special interest are functional and inflammatory bowel disorders. He is a world-renowned expert for irritable bowel syndrome (IBS), inflammatory bowel disease (IBD). Together with his team he authored numerous scientific articles as well as patient directed books. In 2009 he won the prestigious IFFGD (International Foundation for Functional Gastrointestinal Disorders) research award which is the highest distinction in the field and he is presently one of the leading experts on the low-FODMAP diet.

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