

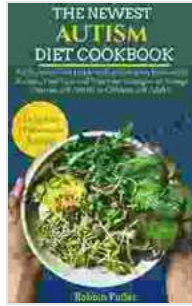
Unlock Your Culinary Journey with Our Exclusive Diet Guide

Foods suitable on a low-fodmap diet

| fruit | vegetables | grain foods | milk products | other |
|---|---|--|--|--|
| <p>Fruits bilam, Nectarine boysenberry cantaloupe, cranberry, durian, grape, grapefruit, honeydew, melon, watermelon lime, mandarin, orange, passionfruit, pear, peach, raspberry, rhubarb, rockmelon, star fruit, strawberry, tangelo *Only if fruit is fresh and in small quantities</p>  | <p>Vegetables asparagus, bamboo shoots, bean thong, bell pepper, capsicum, celery, cholla, eggplant, eggplant, ginger, green beans, lettuce, sliced parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, turnip, turnip, yam, zucchini</p> <p>Herbs basil, chili, coriander, ginger, lemongrass, nutmeg, mint, oregano, parsley, rosemary, thyme</p> | <p>Grains gluten-free bread or cereal products bread 100% spelt bread rice oats polenta other arrowroot, millet, psyllium, quinoa, sorghum, tapioca</p>  | <p>Milk lactose-free milk, oat milk, rice milk, soy milk *Check for additives</p> <p>Cheeses hard cheeses and brine salted cream cheese yoghurt lactose-free varieties</p> <p>Ice-cream substitutes gelato, sorbet</p> <p>Butter substitutes olive oil</p> | <p>Sauces tomato sauce, sugar (if needed), salt, spices, artificial sweeteners not ending in 'ol'</p> <p>Honey substitutes golden syrup, maple syrup, molasses, treacle *Small quantities</p>  |

Eliminate foods containing fodmaps

| excess fructose | lactose | fructans | galactans | polyols |
|--|--|---|--|--|
| <p>Fruit apple, mango, nashi, pear, dried fruit in natural juice, watermelon</p> <p>Sweeteners fructose, high fructose corn syrup</p> <p>Large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>Honey corn syrup, fructose</p>  | <p>Milk milk from cows, goats or sheep, cottage cheese, cream, yogurt</p> <p>Cheeses soft unripened cheeses egg, cottage, cream, mascarpone, ricotta</p>  | <p>Vegetables artichoke, asparagus, beetroot, broccoli, Brussels sprouts, cabbage, eggplant, fennel, garlic, leek, onion, onion (all), shallots, spring onion</p> <p>Cereals wheat, rye, barley and rye, in bread, crackers, cookies, couscous, pasta</p> <p>Fruit custard apple, persimmon, watermelon</p> <p>Miscellaneous chicory, dandelion, insulin, pistachio</p> | <p>Legumes baked beans, chickpeas, kidney beans, lentils, soy beans</p>  | <p>Fruit apple, apricot, avocado, blackberry, cherry, longan, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>Vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p>Sweeteners sorbitol (E420), mannitol (E421), xylitol (E967), maltitol (E965), xylitol (E967)</p>  |



THE NEWEST AUTISM DIET COOKBOOK: An Exclusive Diet Guide with 30 Delicious Homemade Recipes, Food Lists and Nutrition Strategies to Manage Autism and ADHD in Children and Adults.

★★★★★ 5 out of 5



Embark on a Transformative Culinary Adventure

Are you ready to embark on a culinary journey that will transform your taste buds and empower your health goals? Our exclusive diet guide is your ultimate companion, guiding you through a world of tantalizing flavors while providing you with the knowledge and tools to achieve your nutritional aspirations.

30 Delectable Homemade Recipes

Indulge in a symphony of flavors with our collection of 30 mouth-watering homemade recipes. Each dish has been meticulously crafted to satisfy your cravings while nourishing your body. From vibrant salads and savory soups to hearty main courses and delectable desserts, our recipes will ignite your passion for cooking and leave you feeling both satisfied and energized.

Comprehensive Food Lists

Empower yourself with knowledge through our comprehensive food lists. Discover the nutritional value of various food groups, make informed choices about your diet, and gain a deeper understanding of how food impacts your well-being. Our food lists will become your indispensable tool for creating balanced and nutritious meals.

Expert Nutritional Insights

Gain invaluable insights from our team of expert nutritionists. Learn about the principles of healthy eating, understand the role of macronutrients and micronutrients, and uncover the latest scientific advancements in the field of nutrition. Our guide will empower you with the knowledge you need to make informed decisions about your diet and achieve your health goals.

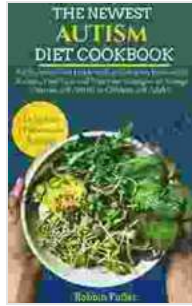
A Culinary Guide for All

Whether you're a seasoned chef or just starting your culinary adventure, our diet guide is designed to meet your needs. Our recipes are accessible to all skill levels, and our food lists and nutritional insights are easy to understand and implement. Join us on this transformative journey towards a healthier and more flavorful life.

Free Download Your Exclusive Copy Today!

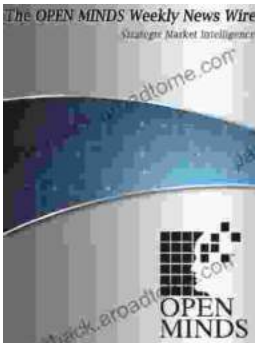
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