

Low FODMAP Diet Cookbooks and Shopping Guides by Dr Sue Shepherd

food intolerance

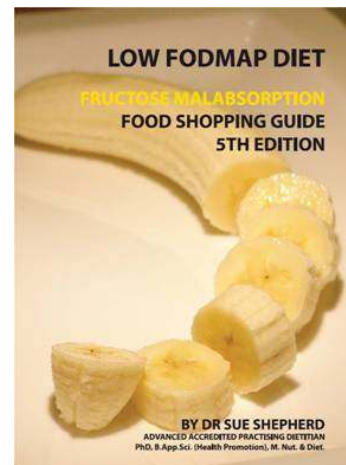
management plan

You might also like other resources that can help in successfully implementing the *Low FODMAP diet*. The following books have been written by the founder of the *low FODMAP diet*, Dr Sue Shepherd and include cookbooks that are best-sellers for people requiring gluten free and *low FODMAP diets*.

Shopping Guide

The *low FODMAP diet* may seem difficult at first. Choosing suitable food products whilst shopping can be a time-consuming task!

- *'The low FODMAP Shopping Guide'* by Sue Shepherd: You will find this guide helpful as it is an extensive list of low FODMAP foods available in retail outlets. Available from www.shepherdworks.com.au



Cookbooks

Once you have successfully shopped and filled the trolley with suitable low FODMAP foods, you may now be wondering how to prepare a dinner everyone will enjoy?! The recipes in this book are all designed specifically for this purpose. However, there are other cookbooks that will supplement these to provide an even wider variety of choice. Sue Shepherd has produced a range of low FODMAP cookbooks, containing main meal suggestions, and also recipes for soups, starters, light meals, baked goods and desserts. These are all available at www.shepherdworks.com.au.

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- *The Gluten Free Kitchen* gluten-free, low FODMAP cookbook, Penguin Books (September 2009) ISBN 978-0-670-07310-8
- *Gluten Free Cooking* gluten-free, low FODMAP cookbook, Penguin Books (September 2007) – winner of Gourmand Cookbook (Cordon Bleu) Award: Best Health and Nutrition Cookbook in Australia, 2007 ISBN 978-0-670-07113-5
- *Two Irresistible for the Irritable* gluten free, low FODMAP cookbook, Shepherd Works Pty Ltd (May 2006) ISBN 0-9751957-2-7
- *Irresistibles for the Irritable* – gluten free, low FODMAP cookbook, Shepherd Works Pty Ltd (April 2004) ISBN 0-9751957-0-0

