

So, you've been hearing about this "low-FODMAP diet," and you're probably wondering:

# WHAT THE HECK IS A FODMAP?

Is it misspelled? (It's not.)

Is it gluten? (No, but they're both in wheat.)

Is it in meat? (No.) Fish? (No.) Eggs? (Nope.)

Does it make you fat? (No. Bloating? Maybe.)

Is it bad for me? (That one's tougher.)

FODMAPs are carbs. Not all carbs, just certain kinds. They're not necessarily unhealthy, but they make some people sick.

The word "FODMAP" is an acronym, and when you see what it stands for, you'll know why:

**F** is for FERMENTABLE  
[meaning, your gut bacteria eat it up and produce gas—you know what that means.]

**O** is for OLIGOSACCHARIDES  
[meaning, carbs made up of "a few" sugars.]  
**FOUND IN** stone fruits, watermelon, artichokes, garlic, onions, wheat, beans, pistachios, etc.

**D** is for DISACCHARIDES  
[meaning, carbs made up of two sugars.]  
**FOUND IN** anything with lactose: milk, yogurt, ice cream, some cheese

**M** is for MONOSACCHARIDES  
[meaning, you guessed it, carbs made up of **one** sugar.]  
**FOUND IN** apples, pears, cherries, asparagus, honey, etc.

**A** is for AND  
[and we'll leave it at that.]

**P** is for POLYOLS  
[meaning, sugar alcohols, or sugars with an alcohol attached.]  
**FOUND IN** prunes, cauliflower, and many sugar substitutes

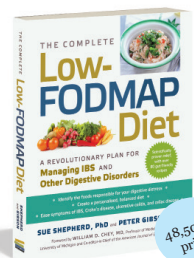
... see what we mean about the acronym?

If this sounds like a lot, fear not! **Many people are sensitive to only some kinds of FODMAPs** (and other lucky people handle 'em all just fine). Plus, there are still all kinds of low-FODMAP foods like:

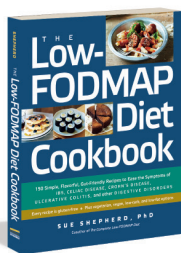
- CORN • RICE • OATS • LACTOSE-FREE DAIRY • HARD CHEESES • PEANUTS •
- CARROTS • POTATOES • BANANAS • SPINACH • BLUEBERRIES • EGGS • AND MORE!

**BOTTOM LINE** If you have irritable bowel syndrome (IBS), Crohn's or ulcerative colitis, lingering celiac disease, or struggle with chronic bloating, gas, diarrhea, constipation, or stomach pain . . . the low-FODMAP diet is scientifically proven to help.

The Experiment's three low-FODMAP books are the most authoritative available on the subject, written by the creator of the low-FODMAP way of eating. All are trade paperbacks, color throughout, US\$19.95.

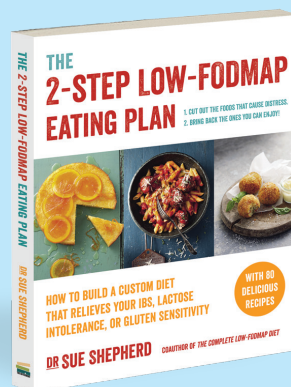


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