

Contents

| | |
|---|-----------|
| Part I: A Closer Look at IBS and Its Triggers | 1 |
| 1 Living Well with an IBS Diagnosis | 3 |
| What Is IBS, Anyway? | 4 |
| <i>Different Types of IBS</i> | 4 |
| <i>What Makes Your IBS Body Different?</i> | 5 |
| <i>You Are Not Alone</i> | 6 |
| <i>Be Part of the Solution</i> | 6 |
| The Diet-IBS Connection..... | 7 |
| <i>Your Eating Style</i> | 7 |
| <i>What's Malabsorption?</i> | 7 |
| When IBS Is Unmanageable | 8 |
| <i>Red Flag Symptoms</i> | 8 |
| <i>Ruling Out Disorders</i> | 9 |
| 2 Carbohydrates: Fermentable Sugars and Fiber | 11 |
| Lactose Intolerance | 12 |
| <i>Know Your Threshold</i> | 12 |
| <i>Lactose Sources</i> | 13 |
| <i>Meeting Your Calcium and Vitamin D Needs</i> | 14 |
| <i>Tasty Lactose-Free Substitutes</i> | 16 |
| Fructose Malabsorption | 17 |
| <i>Fructose Facts</i> | 17 |
| <i>Beware Sources of Excess Fructose</i> | 18 |
| <i>Belly-Friendly Fructose Choices</i> | 18 |
| What's a FODMAP? | 19 |
| <i>Frustrating Fructans</i> | 19 |
| <i>Problems with Polyols</i> | 20 |
| <i>Get Away from the Galactans</i> | 21 |
| <i>The Cumulative Effect</i> | 21 |
| Fiber: Friend or Foe? | 22 |
| <i>Soluble Versus Insoluble Fiber</i> | 22 |
| <i>Food Versus Supplements</i> | 23 |
| <i>IBS-Friendly Fiber Sources</i> | 24 |

| | | |
|----------|--|-----------|
| 3 | As a Matter of Fat | 27 |
| | The Role of Fats in IBS | 28 |
| | Fats and Your Health | 28 |
| | <i>The Bad Fats</i> | 29 |
| | <i>The Good Fats</i> | 30 |
| | Determining Your Fat Limit..... | 30 |
| | Managing Your Fat Threshold | 34 |
| | Great Low-Fat Recipe Replacements..... | 35 |
| | Reducing Fat in Your Food..... | 36 |
| 4 | Could You Have a Food Intolerance or Allergy? | 39 |
| | Food Allergy Versus Intolerance | 40 |
| | Gluten Sensitivity Versus Celiac Disease | 42 |
| | Heard About Histamine? | 43 |
| | Keeping a Food Diary..... | 44 |
| | <i>What Should I Keep Track Of?</i> | 44 |
| | <i>The Benefits of Keeping Track</i> | 45 |
| | <i>More Noteworthy Considerations</i> | 46 |
| 5 | Your Best Digestion Lifestyle | 49 |
| | Digestion 101 | 50 |
| | <i>Chew On This!</i> | 51 |
| | <i>Savor What You Eat</i> | 51 |
| | Perilous Portions | 52 |
| | Don't Eat on the Run..... | 53 |
| | Adding Air: Gum, Soda, and Straws..... | 54 |
| | Alcohol: When Happy Hour Isn't So Happy..... | 55 |
| | <i>Alcohol and Your Health</i> | 56 |
| | <i>Keeping It Moderate</i> | 56 |
| | <i>Sensible Solutions</i> | 57 |
| | Caffeine Confusion | 57 |
| | <i>Hidden Sources of Caffeine</i> | 58 |
| | <i>How Much Is Too Much?</i> | 59 |
| 6 | Probiotics: Digestive Helpers | 61 |
| | Good-for-You Gut Bacteria | 62 |
| | <i>What Science Tells Us About Probiotics</i> | 62 |
| | <i>More Friendly Bacteria You Should Know</i> | 63 |

Maintaining Gut Balance 64
Introducing Dysbiosis 64
Replenish Your Supply..... 65
Supplements and Food Sources..... 65
 Prebiotics: Good or Bad? 66
Inulin 67
FOS 67

Part 2: Smart Strategies for IBS-Free Living 69

7 Grocery Shopping and Menu Planning 71

Navigating the Grocery Store 72
Shop Smart 72
Closer to Nature 73
Minimize Processed Foods 74
 How Smart Is Your Cart? 74
Making a List and Checking It Twice..... 74
Creating Menu Plans with Your Grocery List..... 78
 IBS-Friendly Meal Planning 78
Breaking the Nighttime Fast: Breakfast 79
Midday Break: Lunch 79
What’s for Dinner?..... 80
For the In-Between Times: Snacks 80

8 Dining Out Without Consequence 83

Keeping Portion Sizes Real 84
Keep It in Balance..... 84
Mindless Versus Mindful Eating 86
Recommended Versus Real Portions..... 86
Tips to Curb Your Intake 87
 Think Before You Drink 88
Again with the Portion Sizes..... 88
Liquid Assets 89
 Your Mind-Set Matters 90
 Your Best Bets When Dining Out..... 91

9 Minimizing Travel Woes 93

Why Travel Makes IBS Worse 94
What to Bring with You..... 94
 Fiber-Filled Snacks 95
 Safe Food Options 95
 Probiotics 96
Don't Drink the Water 96
Hydrating on the Road 97
Don't Forget to Exercise!..... 98

Part 3: Recipes for Eating Well with IBS 101

10 Good Morning Egg Recipes 103

Eggs on the Run..... 104
Quick and Versatile Omelets 104
Rich Stratas and Frittatas..... 105
 Cheese and Herb Omelet..... 106
 Ham and Rosemary Omelet..... 107
 Yokeless Wonder Omelet..... 108
 The Man Quiche 109
 Farmer's Muffin Quiche 110
 Ham and Cheese Strata..... 111
 Spinach and Parmesan Strata..... 112
 Broccoli and Cheddar Strata 113
 Tomato and Cheese Frittata 114
 Grated Zucchini and Roasted Red Bell Pepper Frittata 115
 Breakfast Sandwich to Go 116
 Scrambled Olé Burrito..... 117

11 Your Daily Breads (and Grains) 119

Banana Pancakes 120
Pumpkin Spice Pancakes..... 121
Russell T. Blueberry Pancakes..... 122
Vanilla-Cinnamon French Toast..... 123
Squash Bread..... 124
Orange Chocolate-Chip Muffins..... 125
Creamy Slow Cooker Oatmeal 126
Wheat-Free Vanilla-Almond Granola..... 127

| | | |
|-----------|--|------------|
| 12 | Breakfast Smoothies and Parfaits | 129 |
| | <i>Berry Good Smoothie</i> | 130 |
| | <i>Sassy Strawberry Smoothie</i> | 131 |
| | <i>Banana Smoothie</i> | 132 |
| | <i>Frozen Blueberry-Lemon Smoothie</i> | 133 |
| | <i>Orange Creamsicle Delight</i> | 134 |
| | <i>Kool Kiwifruit Cooler</i> | 135 |
| | <i>Citrus Surprise</i> | 136 |
| | <i>Berry-Deelish Granola-Strawberry Parfait</i> | 137 |
| | <i>Almond-Vanilla-Blueberry Parfait</i> | 138 |
| 13 | Super Snacks and Starters | 139 |
| | A Few Notes on Noshing | 140 |
| | <i>Guacamole</i> | 141 |
| | <i>Cheesy Dill Dip</i> | 142 |
| | <i>Lemon-Eggplant Dip</i> | 143 |
| | <i>Black Olive Tapenade</i> | 144 |
| | <i>Bruschetta Spread</i> | 145 |
| | <i>Strawberry and Balsamic Salsa</i> | 146 |
| | <i>Berry Sweet Salsa</i> | 147 |
| | <i>Tomato Salsa</i> | 148 |
| | <i>Sesame Chicken in Pea Pods</i> | 149 |
| | <i>Smoked Salmon Pinwheels</i> | 150 |
| | <i>Mini Corn Cakes</i> | 151 |
| | <i>Kevin's Mini Beef Kabobs</i> | 152 |
| | <i>Buffalo Shrimp Bites</i> | 153 |
| 14 | Soups and Salads to Savor | 155 |
| | Simmering Soups..... | 156 |
| | Super Salads..... | 156 |
| | <i>Pumpkin Soup</i> | 157 |
| | <i>Butternut Squash Soup with Sage</i> | 158 |
| | <i>Basil-Vegetable Soup with Parmesan</i> | 159 |
| | <i>Grandma's Chicken and Rice Soup</i> | 160 |
| | <i>Thai Chicken and Rice Noodle Soup</i> | 161 |
| | <i>Meatball, Barley, and Spinach Soup</i> | 162 |
| | <i>Tasty Beef Stew</i> | 163 |
| | <i>Bibb Lettuce Salad with Dijon Vinaigrette</i> | 164 |
| | <i>Arugula Salad with Lemon Vinaigrette</i> | 165 |
| | <i>Confetti Rice Salad</i> | 166 |

| | |
|--|------------|
| <i>German Potato Salad</i> | 167 |
| <i>Carrot Salad with Cranberries and Orange</i> | 168 |
| <i>Strawberry Romaine Salad with Poppy Seed Dressing</i> | 169 |
| <i>Baby Spinach and Orange Drizzle</i> | 170 |
| 15 Scrumptious Sandwiches | 171 |
| <i>Slam Burgers in Pitas</i> | 172 |
| <i>Toasted Cheese, Avocado, and Tomato Pitas</i> | 173 |
| <i>Outrageous Mushroom Melt</i> | 174 |
| <i>Smoked Gouda, Bacon, and Spinach Wraps</i> | 175 |
| <i>Lemony Tuna Salad Wraps with Fresh Dill</i> | 176 |
| <i>Open-Face French Dip</i> | 177 |
| 16 Surf and Turf | 179 |
| Recipes from the Sea | 180 |
| The Best of Beef..... | 180 |
| <i>Tasty Vietnamese Shrimp Curry</i> | 181 |
| <i>Sautéed Italian-Style Shrimp</i> | 182 |
| <i>Dry-Rubbed Grilled Tuna</i> | 183 |
| <i>Seared Sea Scallops</i> | 184 |
| <i>Heavenly Halibut</i> | 185 |
| <i>Patrick's Famous Quick-Fix Salmon</i> | 186 |
| <i>Sole Sauté</i> | 187 |
| <i>Creamy Tuna Casserole with Peas</i> | 188 |
| <i>Marinated Flank Steak with Soy Sauce and Shallots</i> | 189 |
| <i>Burgers to Beat the Band</i> | 190 |
| <i>Sirloin Skewers</i> | 191 |
| <i>Curried Beef and Broccoli</i> | 192 |
| <i>Beef Stir-Fry</i> | 193 |
| <i>Muchas Gracias Beef</i> | 194 |
| <i>Irish Shepherd's Pie</i> | 195 |
| 17 Pork and Poultry | 197 |
| Pork, Pork, Pork..... | 197 |
| Popular Poultry | 198 |
| <i>Grilled Pork Tenderloin</i> | 199 |
| <i>Center-Cut Dijon Pork Chops</i> | 200 |
| <i>Pork Chop Simmer with Tri-Colored Peppers</i> | 201 |
| <i>Pork Carnitas</i> | 202 |
| <i>Marinated Pork Roast</i> | 203 |

Chelsea's Favorite Slow Cooker BBQ Pork 204
Pork Medallions and Savory Sauce..... 205
Chicken Piccata..... 206
Chicken Saltimbocca..... 207
Grilled Chicken Kabobs..... 208
Asian Chicken Lettuce Wraps..... 209
Curried Chicken Salad..... 210
Chicken Chop Suey 211
Chicken Satay with Peanut Dipping Sauce..... 212
Parmesan-Crusted Chicken..... 213
Ground Chicken Taco Lasagna..... 214
Ground Turkey Meatloaf..... 215
Turkey Tenderloin..... 216

18 Perfect Pasta and Pizza 217

Pasta Dishes Even Italians Will Envy! 218
Peace, Love, and Pizzas..... 218
Farmer's Market Pasta Salad 219
Our Favorite Tomato-Basil Pasta..... 220
Alfredo Pasta with Shrimp and Spinach 221
Asian Sesame Noodles 222
American Chop Suey..... 223
Patsy's Macaroni and Cheese..... 224
Portobello Mushroom Pasta..... 225
Lemony Orzo with Pine Nuts, Tomatoes, Basil, and Garlic..... 226
The Original Cheese Pizza 227
BLT Pizza..... 228
Arugula and Prosciutto Pizza 229
Ground Beef Tostado Pizza 230

19 Eat Your Veggies! 231

Singapore Stir-Fry..... 232
Peppers and Mushroom Medley..... 233
Vegetable Chop Suey 234
Roasted Vegetables..... 235
Yellow Summer Squash with Bacon 236
Stuffed Tomatoes..... 237
Sweet Potato and Carrot Purée 238
Steamed Broccoli with Sesame Dressing..... 239
Ann's Cumin Corn with Cilantro..... 240

| | |
|---|------------|
| <i>Glazed Carrots</i> | 241 |
| <i>Smashed Potatoes</i> | 242 |
| <i>Sweet Potato Fries</i> | 243 |
| <i>Brennan's Favorite Home Fries</i> | 244 |
| <i>Potato Pancakes</i> | 245 |
| 20 Rich Rice and Grains | 247 |
| Reach for Rice (and Risotto) | 248 |
| Not Your Average Grains | 248 |
| <i>Asian Flare Faux Fried Rice</i> | 249 |
| <i>Not-from-a-Box Rice Pilaf</i> | 250 |
| <i>Chicken Rice Bowl</i> | 251 |
| <i>Butternut Squash and Parmesan Risotto</i> | 252 |
| <i>Creamy Risotto with Shredded Chicken and Broccoli</i> | 253 |
| <i>Farm Stand Vegetable Pie</i> | 254 |
| <i>Quinoa with Red Peppers and Pine Nuts</i> | 255 |
| <i>Quinoa and Millet Sauté</i> | 256 |
| <i>Quinoa Tabbouleh</i> | 257 |
| <i>Kasha Pilaf</i> | 258 |
| <i>Seasoned Skillet Millet</i> | 259 |
| 21 Cookies and Bars You'll Crave | 261 |
| <i>Oatmeal Cookies</i> | 262 |
| <i>Chocolate-Chip Meringues</i> | 263 |
| <i>Creamy Peanut Butter Cookies</i> | 264 |
| <i>No-Bake Chocolate Cookies</i> | 265 |
| <i>Lemon Drop Cookies</i> | 266 |
| <i>Cornmeal-Cranberry Biscotti</i> | 267 |
| <i>Crispy Rice Treats</i> | 268 |
| <i>Brownie Bites</i> | 269 |
| <i>Oat 'n' Cranberry Squares</i> | 270 |
| <i>Granola Bars</i> | 271 |
| 22 Delectable Cakes, Tarts, and Other Sweet Treats | 273 |
| <i>Banana Cake</i> | 274 |
| <i>Pumpkin Cake</i> | 275 |
| <i>Strawberry Shortcake</i> | 276 |
| <i>Mini Chocolate Pudding Tarts</i> | 277 |
| <i>Berry Crisp</i> | 278 |
| <i>Fresh Fruit Salad with Mint</i> | 279 |

Creamy Quinoa Pudding 280
Flourless Chocolate Torte 281
Angel Food Cake with Berries 282
Orange Zest Sorbet 283
Brennan's Homemade Frozen Lemonade 284
Grapefruit Granita 285

Appendixes

A Glossary **287**
B Resources **298**
Index **301**