Living with a Low-FODMAP Lifestyle

      Of the millions of people in the United States, about 1% has Celiac Disease and 15% has IBS. A Low-FODMAP diet has been proven to help those people with tolerating food. Caitlin’s mom is one of the 15% of Americans with IBS. Her mom follows this diet because it is a coping method.

        A Low-FODMAP diet removes lactose, gluten, fructose, and many other things from people’s diets because certain diseases cause these foods to cause problems when they are ingested. As a relatively new lifestyle, many nutritionists and doctors do not know much, if anything, about this diet.

        The Michigan Council of Women in Technology’s annual web design competition has allowed us to bring awareness to the Low-FODMAP diet and several yummy recipes that follow it. This year’s theme is “Food! Glorious Food!” which is perfect for Low-FODMAP recipes.

 We chose three recipes to share because they are some of the most common foods that people miss when the start the Low-FODMAP diet. The three foods we have decided to share are pizza, potato soup, and cupcakes.

<http://www.aboutibs.org/site/what-is-ibs/facts/>

<http://www.celiaccentral.org/celiac-disease/facts-and-figures/>

<http://chriskresser.com/fodmaps-could-common-foods-be-harming-your-digestive-health/>

           <abbr>Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols.</abbr>