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Healthy Eating - Low Fructose

By Anne Kamp, Christine Schafer

New Holland Publishers. Paperback. Book Condition: new. BRAND NEW, Healthy Eating - Low Fructose, Anne Kamp, Christine Schafer, Fructose at its simplest is the sugar found in fruit, some vegetables and honey. For some people, eating fructose can produce a whole array of unpleasant side effects that can range from daily discomfort to irritable bowel syndrome, stomach cramps, gas, bloating and more. This brand new cookbook lists the fructose value of everyday foods as well as those that contain hidden fructose products such as mayonnaise and fizzy drinks, to help you make the best decision about what foods to eat and what to avoid. Having a fructose intolerance means that you may need to adjust your diet in order for the symptoms to be alleviated. Healthy Eating: Low Fructose shows you how, presenting delicious and appealing recipes for breakfast, soups, salads, snacks, everyday main meals, desserts, cakes and baking, so that you can indulge your sweet tooth without upsetting your stomach.



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