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Au programme :

Ce qu'il faut savoir sur les Fodmaps : qu'est-ce que c'est exactement, pourquoi ils « passent » mal...

Les aliments qui contiennent des Fodmaps : pain, haricots rouges, lait, lentilles, pommes, abricots, prunes, choux, poireaux... Et ceux pauvres en Fodmaps et/ou qui aident à digérer : carottes, citrons, poulet, steak, fruits de mer...

Tartare de veau à la tomate et à la ciboulette, Croquettes de poulet, Flans de courgettes au thym, Poisson tandoori, Terrine de fruits Bikini, Salade de dinde anti-âge (la photo de couverture)... découvrez 100 recettes zéro ballonnement, de l'entrée au dessert, pour ne jamais manquer d'idées en cuisine !

Manger zéro Fodmaps = plaisir et digestion facile !

Ce livre est la réédition de l'ouvrage du même titre paru en 2015.

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