

Low-FODMAP Cookbook Fit Scorecard

A cookbook supports implementation; it does not diagnose or treat IBS. Score only features you can verify.

| Question | Recipe-first book | Protocol-first book | Free, app, or dietitian route |
|---|-------------------------|--------------------------|---------------------------------------|
| I understand the three steps but need meal ideas | Strong fit | Optional | Useful for current servings |
| I do not understand restriction, reintroduction, or personalization | Limited alone | Stronger fit | Strongly consider |
| Shared family meals are the bottleneck | Check household recipes | Check household guidance | Use a family-meal owner guide |
| Current serving data is essential | Insufficient alone | Insufficient alone | Use current app or dietitian guidance |
| Restriction feels risky or keeps expanding | Poor self-help fit | Poor self-help fit | Individualized support first |

Verify before purchase

- Edition and publication date
- Recipe count and meal types
- Explicit three-step and reintroduction guidance
- Dietary, cultural, budget, and household fit
- Ingredient availability and measurement system
- No cure or permanent-restriction framing
- Retailer facts and return policy checked near purchase

Your decision

- Missing job:
- Current low-FODMAP phase:
- Household needs:
- Currentness check:
- Best route and reason: