

an inadequate ability to digest fructose that causes abdominal cramping, gas, bloating, burping, and diarrhea—which experts say is on the rise because of our sweets-guzzling culture.

HOW DO YOU KNOW YOU HAVE IT?

You can try an elimination diet, or take a breath test. If you've been diagnosed with or suspect you have irritable bowel syndrome, you may want to ask your doctor about fructose intolerance. In a *Journal of Clinical Gastroenterology* study, one-third of the participants with IBS tested positive for it.

HOW TO COPE

Forgo foods and drinks sweetened with high-fructose corn syrup, sugar, fruit juice, honey, and agave.

Eat one fruit serving at a time along with other foods. According to a 2006 study in the *Journal of the American Dietetic Association*, people who staggered fruit consumption throughout the day experienced far fewer gastrointestinal symptoms. The ADA also recommended that fruit be eaten at meals, which enhances absorption.

Opt for stone fruits, berries, citrus, bananas, kiwi, passion fruit, pineapple, and rhubarb.

These fruits contain equal amounts of fructose and another sugar called glucose, which makes them easier to digest, according to the ADA.

Watch out for foods with artificial sweeteners.

Diet foods, beverages, and gums are sweetened with sugars (such as sorbitol, mannitol, and xylitol) that your GI tract can't absorb well whether you have fructose intolerance or not. Eat them only occasionally.

Quit gobbling. By consuming your food slowly, you won't overload the small bowel, Lewey advises. Whether you have food intolerance or not, slowing down and paying attention to what you eat is the basis of good digestion. You're never going to diagnose—much less fix—anything until you make the time to start listening to your body. "Eat healthy foods, get enough sleep, meditate, exercise daily, and take a holiday from technology," Lewey says. Good advice for all of us. +



THE "INOFFENSIVE COOKIE": OATMEAL RAISIN CHOCOLATE CHIP MAKES 24 3-INCH COOKIES

These classic cookies are flavorful but intolerance-friendly, says baker Cybele Pascal, author of *The Allergen-Free Baker's Handbook*. Gluten-free and dairy-free (plus egg-free, soy-free, and nut-free), these will please the pickiest dinner guest.

- ¼ cup plus 1 Tbsp. golden flaxseed meal
- ½ cup dairy-free, soy-free vegetable shortening
- ½ cup granulated sugar
- ½ cup firmly packed light brown sugar
- 1 tsp. pure vanilla extract
- ½ cup plus 1 Tbsp. Authentic Foods GF Classical Blend flour
- ¼ tsp. xanthan gum or guar gum
- ½ tsp. baking soda
- ½ tsp. double-acting baking powder
- ¼ tsp. cinnamon
- ¼ tsp. fine sea salt or table salt
- 1½ cups gluten-free old-fashioned oats
- ¾ cups raisins
- ½ cup dairy-free, soy-free, gluten-free chocolate chips

1. Preheat oven to 350°. Line two baking sheets with parchment paper.

2. Combine 1 Tbsp. flaxseed meal with 3 Tbsp. warm water, mixing well. Set aside. This is your "flax egg."

3. In the bowl of a stand mixer fitted with a paddle attachment, cream the shortening, granulated sugar, and light brown sugar, mixing on medium speed for about 3 minutes. Add the vanilla extract and the flax egg. Mix about 30 seconds on low speed until combined.

4. In a separate bowl, whisk together flour, the remaining ¼ cup flaxseed meal, gum, baking soda, baking powder, cinnamon, and salt. Add oats and mix.

5. Add dry mixture to stand mixer bowl, and mix on low speed until combined. Add raisins and chocolate chips, mixing on lowest possible speed until just combined.

6. Using a 2-Tbsp. scoop, place dough balls on a baking sheet and flatten them slightly.

7. Bake in the center of the oven 13 minutes, until lightly golden. Let cookies cool for about 5 minutes before transferring to a cooling rack.

*For a fructose-free version, substitute 1 cup birch sugar (xylitol) for the granulated sugar and light brown sugar. Omit the raisins, and use 1¼ cups sugar-free, fructose-free mini chocolate chips. Bake about 16 minutes, and let rest at least 10 minutes before transferring to cooling rack.

PER SERVING (1 COOKIE):

143 calories; 2 g saturated fat; 3 g unsaturated fat; 0 g cholesterol; 21 g carb; 2 g protein; 2 g fiber

ONLINE

To browse our entire database of special-diet recipes—including one for gluten-free flour you can use in this recipe—go to wholeliving.com/special-diets