

# Glimpse into the restricted diet

Since discovering I have Fructose Malabsorption mid 2011, and then finding more and more foods that cause me issues over the following year, I have had to drastically change my diet. Being a "FructMal" means that I have to closely monitor my amounts of foods containing FODMAPS (Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols), which all foods have to varying extents, apart from meat and seafood, and some I have to avoid altogether. I also have an intolerance to dairy, wheat, rye, eggs, and peanuts. Since discovering that I also have Hashimoto's disease, I have started concentrating on foods within my diet that are good for thyroid health, and avoiding those that are not.

So as you can see, I have a very restricted diet. However, after months of experimenting, reading and brainstorming, I have come to a point where I can eat delicious meals, as long as I plan ahead. The more research I have done into these restrictions, the more my mind set is changing. For months I felt like this was a really hard task, and that I was missing out on so many yummy and easy foods. However, reading articles about holistic, natural and clean eating lifestyles are transforming my attitude into seeing it as a healthy life choice, and to concentrate on the positive side of this situation. I have an advantage over other people intending to be healthy, because I can not slip up and have a bad day! I love chocolate, but nothing is worth the pain it causes!

In my food blog, I intend to share my trials and experiments in the kitchen. Some things will seem horrible and taste delicious, some will look horrible but taste amazing, and some will just be horrible! Occasionally I do even create a dish that looks, smells and tastes fantastic and you wouldn't guess it is missing so much. Here's to food discovery!....

