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LOW FERMENTATION DIET/SIBO DIET4. Nuts Are All
Fine. Therefore, Peanut Butter Is Fine. 5. Chocolate Is
Allowed But Watch For Milk Chocolate. 6. For Breakfast
Cereal, Rice Krispies Are The Most Ideal. 7. Pasta Is All
Fine. Gluten Gluten Is A Protein In Certain Grains Like
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