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### **LOW FERMENTATION DIET/SIBO DIET**

4. 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 Wheat. Most Things That Have Gluten Have Carbohydrates. A Gluten Free Diet Is A Low Carbohydrate Diet. Jan 1th, 2024

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