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Cook 2 Nutrition (per Serving) Kcal Fat Sat Fat Carb  
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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.  
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Certain Grains Like Wheat. Most Things That Have  
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