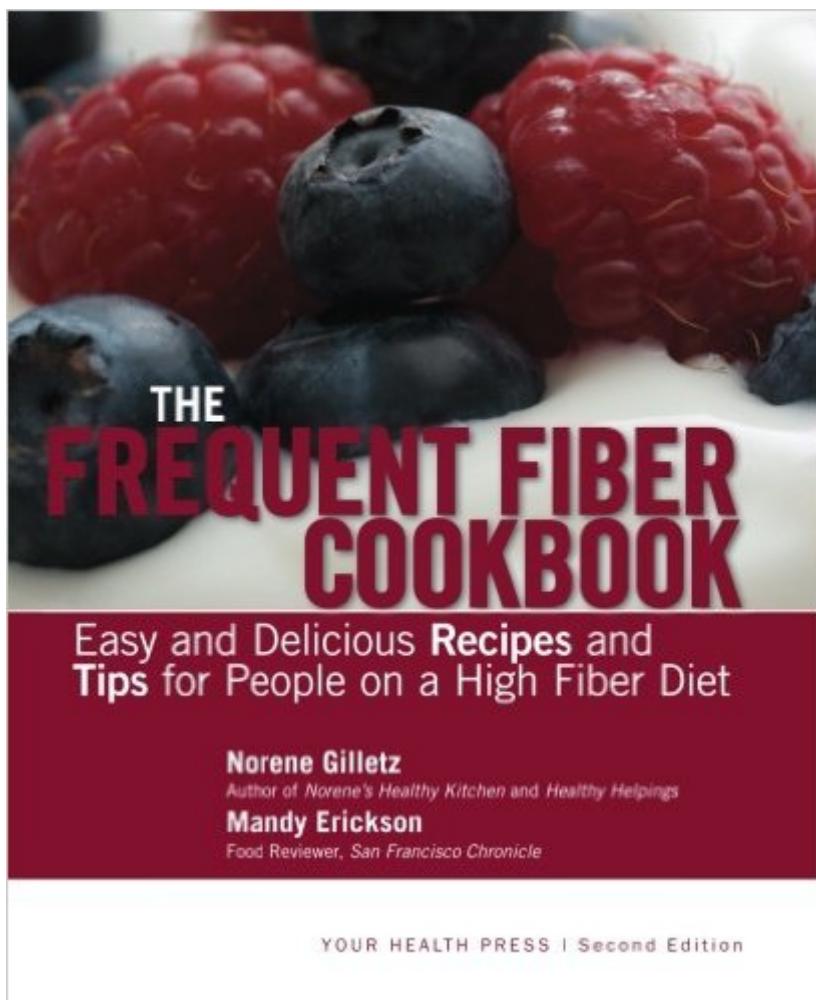


The book was found

The Frequent Fiber Cookbook: Easy And Delicious Recipes And Tips For People On A High Fiber Diet



Synopsis

This updated 2012 second edition of The Frequent Fiber Cookbook is all you or a family member needs to be on a high fiber diet. High fiber diets can prevent heart disease, stroke, diabetes, certain types of cancers, and most important, help you stay regular and lose weight. The Frequent Fiber Cookbook is designed to provide you with hundreds of delicious ways to increase fiber in your meals without feeling like you're on an unappealing diet. Whether you are simply trying to meet the daily recommended requirements for fiber (14-28 grams per day) or, for medical reasons, need to be on a moderate to very high fiber diet (25-50 grams per day), this book can help you meet your goals. Written by a culinary expert coined 'the Julia Child' of specialty cooking, as well as a California-based food writer and columnist, this cookbook will become your go-to meal planner!

Book Information

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Customer Reviews

Good recipes.

Great Book, Thanks

Very helpful in a change of diet for me.

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