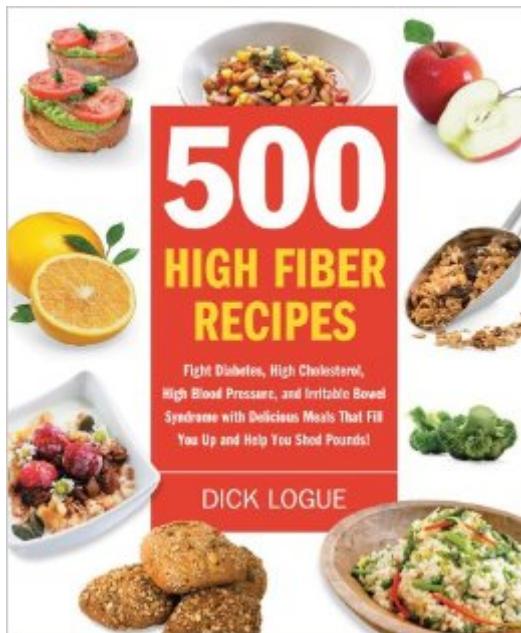


The book was found

# 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, And Irritable Bowel Syndrome With Delicious Meals That Fill You Up And Help You Shed Pounds!



## **Synopsis**

A high-fiber cookbook that is good for the heart and gives you practically the most variety of any cookbook on the market. 500 High-Fiber Recipes proves that upping fiber doesn't mean cutting flavor, or spending hours in the kitchen on complicated recipes. Packed with everything from savory stews to sweet treats, readers get high-fiber versions of foods they thought they had to give up like breads, pasta dishes, and desserts. It's easy to stay the high-fiber course when readers find chapters dedicated to every craving imaginable including international cuisines, from Cajun and Mexican to Italian and Asian.

## **Book Information**

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #736,285 in Books (See Top 100 in Books) #49 in Books > Health, Fitness & Dieting > Nutrition > Fiber #50 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #64 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome

## **Customer Reviews**

I originally checked this book out of the library and, after renewing it for the max number of times, ended up purchasing it on . Not only great for the medical issues it addresses, it is also a great cookbook for healthy eating. I'm addicted to the granola bars on page 110!

So far this has been a great cook book. The red bean dip is awesome. Winter Soup was equally good, and the chocolate peanut butter cookies are supper simple. Very easy and cheap recipe ideas and I have only tried three. I think we will easily be able to change to high fiber diet with this book.

Usually I find only 1 to 5 recipes from a cookbook that are worth making more than once. I found

about 25 recipes so far and I have many more to try. Well worth the money. These recipes taste good and are easy to follow. You don't have to be a great chef to make these and have them turn out well. Family members are waiting in line to borrow the book for their use.

I just was diagnosed with IBS and told by my GI to start a high fiber diet. So obviously I went looking for recipes so I knew what was considered 'high fiber'. Well when I order a book that claims all the recipes are "high fiber" and see quite a few with 1g of fiber it is pretty disappointing. I just opened the book so I have not tried any of the recipes but when I see so many with such a small amount of fiber per serving and the whole book says it is recipes with high fiber I was not all that happy. Hopefully the recipes with high fiber make up for those and I will not regret making this purchase.

This book has great reciepes. My Husband has high Cholesterol and Im trying to loose some weight and this is helping.

I was careless enough to order this book for a diabetic relative taking the subtitle "Fight Diabetes etc." literally, but this is just an ordinary "healthy" cookbook, recipes full of sugar, molasses and other no-no ingredients. The space is amply used so the book is also unnecessarily bulky and even for a non-diabetic wanting to cook some "healthy" meals there are not so many interesting alternatives, usually variations of Aegean recipes and some not-really-so-healthy suggestions... Should have been more careful about misleading subtitles, my mistake!

I've been going through the book for about an hour and I've used a stack of Post-it tabs to mark recipes that I'll try. It reminds me of the wholesome, unprocessed, mainly chemical-free, home cooked meals that I grew up with. The variety is great! There is plenty of room on the pages for notes if you want to change the recipe. My only complaint is that there are no serving sizes, just portion numbers.

I have several of the Dick Logue recipe books, they are all 'eh ok'. A lot of the recipes are very, very bland, and require sometimes double the spice on what the recipe calls for.

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Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Cholesterol: Cholesterol Lowering Guide To How To Lower Cholesterol Naturally And Reduce High Cholesterol With Cholesterol Lowering Strategies To Lower ... Lower Cholesterol (Coronary Heart Disease) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) Cholesterol:The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods,heart disease) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking,Pressure Cooker Books,Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ...

DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes)

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