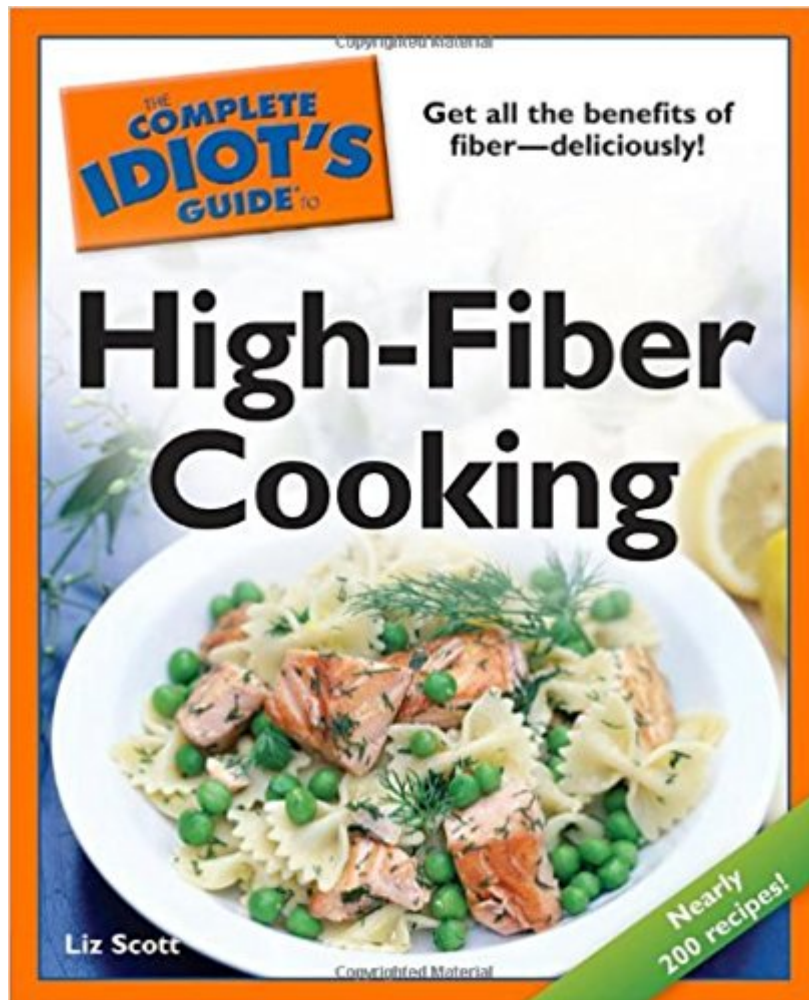




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The Complete Idiot's Guide To High-Fiber Cooking



Synopsis

Get healthy with fiber, without sacrificing taste. Research shows that a high-fiber diet may help prevent cancer, heart disease, diabetes, digestive disorders, and other serious ailments. In this guide, readers will discover types of fiber and what foods are highest in them, recipes for delicious high-fiber breakfasts, lunches, dinners, snacks, and desserts, tips on how to put fiber into foods that aren't high in fiber, and more. The New England Journal of Medicine reports that diabetic patients who included 50 grams of fiber in their daily diet lowered their glucose levels by 10 percent. Research has proven that increasing the amount of fiber can help people lose weight. A higher fiber diet reduces cholesterol levels.

Book Information

Series: The Complete Idiot's Guide

Paperback: 336 pages

Publisher: Alpha; Original edition (December 2, 2008)

Language: English

ISBN-10: 1592578209

ISBN-13: 978-1592578207

Product Dimensions: 7.4 x 0.7 x 9.2 inches

Shipping Weight: 2.8 pounds

Average Customer Review: 3.8 out of 5 stars 14 customer reviews

Best Sellers Rank: #1,588,549 in Books (See Top 100 in Books) #88 in Books > Health, Fitness & Dieting > Nutrition > Fiber #1110 in Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Spirits #16478 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Liz Scott is a professional chef and cookbook author who's appeared on numerous radio and television shows, and has been applauded in the Seattle Times and Washington Post as a gifted chef and pioneer in her field. The author of *The Sober Kitchen* and *Sober Celebrations*, she's a consulting editor for the Cleveland Clinic Press and writes a monthly column for various health websites and newsletters.

Yummy recipes that are good for you. The book includes the fiber content of each dish and in addition, fiber counts on many food common foods. 's delivery was exceptionally speedy and free with the Super Saver shipping requirements on my order. Thanks .

Disappointed because this book did not contain as many "high-fiber" recipes as expected. Some of the recipes are not high in fiber at all. I could come up with a number of high fiber recipes that were higher in fiber than a number of the recipes in this book. I was not interested in recipes that contain 1 to 3 grams of fiber. Very disappointing.

Very comprehensive cookbook on increasing fiber in your diet naturally. These recipes are simple, use everyday, easy to get ingredients and are very delicious as well as healthy. They cover the gamut from snacks to full meals! A great book! I use it every day and recommend it to people who are looking to increase their fiber intake naturally!

My family really need to pump up the fiber in our diet, especially my husband as per his doctor. Looked at local big chain bookstores and only found limited types of cookbooks. This cookbook has a lot of very good info on increasing fiber in your daily diet. The recipes are really good. I would highly recommend this cookbook, especially for those who have diverticulitis.

Delicious recipes, easy to prepare, and I love that there is that added health benefit of the food being high fiber!

This book is very informative in assisting with my ability to change the way I eat, simply and easily, in my transition. Thanks

Didn't like this book

Awesome recipes and came in pretty fast.

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