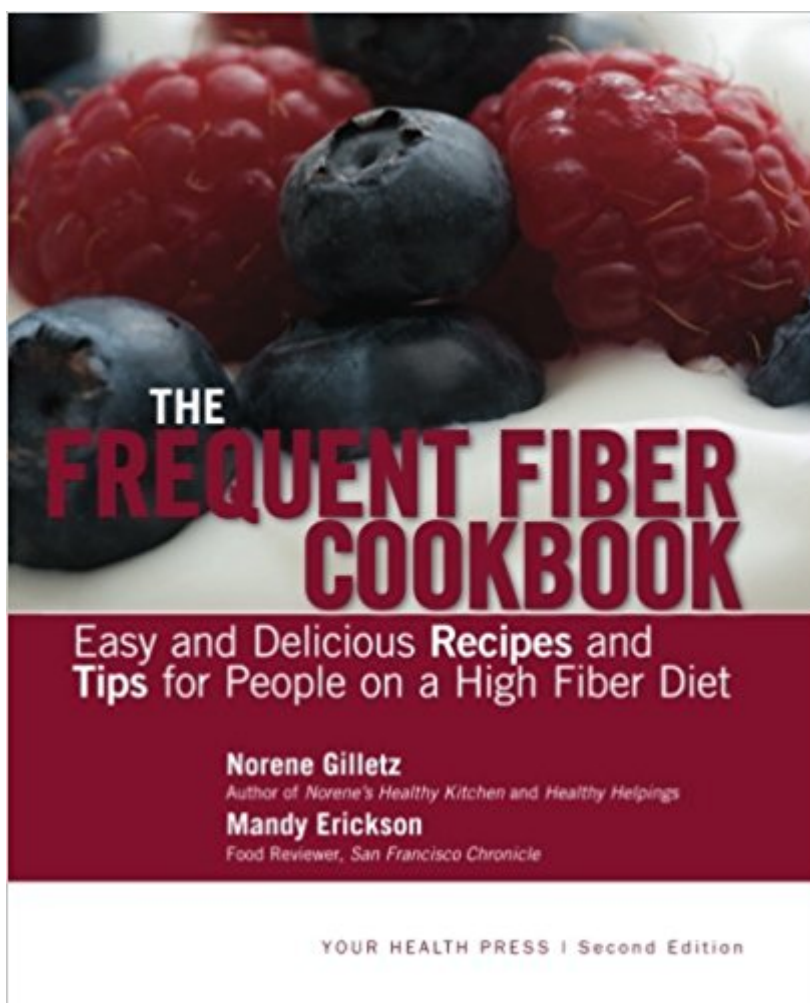


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# The Frequent Fiber Cookbook: Easy And Delicious Recipes And Tips For People On A High Fiber Diet



## 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 youâ™re on an unappealing diet. Whether you are simply trying to meet the daily recommended requirements for fiber (14â€”28 grams per day) or, for medical reasons, need to be on a moderate to very high fiber diet (25â€”50 grams per day), this book can help you meet your goals. Written by a culinary expert coined âœœthe Julia Childâ• 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

Norene Gilletz is a best-selling author of many specialty cookbooks in North America, including The Food Processor Bible, Healthy Helpings, Noreneâ™s Healthy Kitchen, and The Low Iodine Diet Cookbook. Norene is a food consultant, food writer and columnist, cooking teacher and lecturer. She specializes in recipe makeovers for food-related websites, magazines, newspapers, cookbooks and the food service industry. Norene is a Certified Culinary Professional (CCP) with the International Association of Culinary Professionals (IACP). For more information about Norene Gilletz, visit [www.gourmania.com](http://www.gourmania.com). Mandy Erickson is a food reviewer and columnist who lives in San Mateo, California. Her articles on cooking, eating and other subjects have been published in a

variety of publications, including eGullet and Health magazine. She also writes restaurant reviews for the San Francisco Chronicle. The Frequent Fiber Cookbook is her third book.

Good recipes.

Very helpful in a change of diet for me.

Great Book, Thanks

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