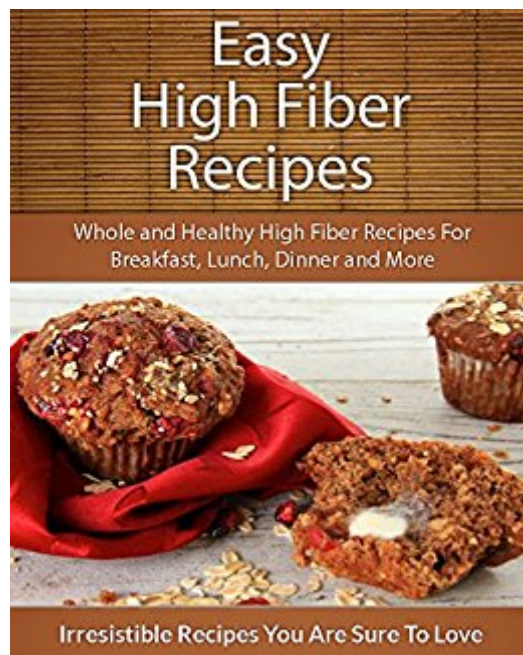


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# High Fiber Recipes: Whole And Healthy High Fiber Recipes For Breakfast, Lunch, Dinner And More (The Easy Recipe)



## Synopsis

As part of the effort to stay healthier these days, many people have tried to become more informed on different nutrients and what their body needs to perform at optimal levels. One of these many nutrients that everyone has heard of is fiber. Often also known as dietary fiber, the Institute of Medicine defines dietary fiber as "non-digestible carbohydrates and lignin that are intrinsic and intact in plants". Fiber that can be used to keep your body healthy is a nutrient that is present in many different foods such as a variety of fruits, vegetables, grains, nuts, and legumes. Since fiber is present in so many foods, it would be natural to assume that everyone gets their daily recommended intake of fiber, right? That's not quite true. It's thought that the diet of many today's adults results in a gap in dietary fiber intake of approximately 50%. In the average diet of a younger person, the gap can be as much as 80%! The recent emphasis on eating healthy has also brought fiber back into the spotlight, with a push for eating more whole grains or oats and avoiding white flour being the biggest point of emphasis. If you go to the grocery store, you can actually see the push for healthier foods at work. The bread aisles will now often contain a great variety of products made with not only white flour, but with whole grains, oats, whole wheat, and more. Although this isn't the only source of dietary fiber you should be getting, replacing your white flour products with products that contain more whole wheat and whole grains is a great start. In This Recipe Book You'll Find: -Whole Wheat High Fiber Bread-Strawberry Spinach Salad-Fish Tacos-Black Bean and Couscous Salad-Turkey Chili-Manicotti Alla Romana-Pear and Apple Pie-And Much, Much More |

## Book Information

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## Customer Reviews

Ok, this recipe book is interesting. First, most of the recipes in the book look really good. Some I really can't wait to make, like the Fish Tacos, the Cajun Chicken Pasta and the Pasta with Spicy Vodka Tomato Cream Sauce (especially that one!). But, for a recipe book that advertises itself as "High Fiber Recipes" I think it was a major oversight to not have included the amount of fiber in each recipe. And I also have a sneaky suspicion that some of the fiber counts in some recipes is fairly low. All in all, I give this recipe book five stars for the fact that a lot of the recipes look easy to make and yummy, one star for the lack of pertinent nutritional information, averaging out to three stars.

THE NAME OF THIS BOOK, IS NOT ACCURATE, THE NAME IMPLIES THE AUTHORS ARE GOING TO TELL THE READERS ALL THE FACTS THAT ARE IMPORTANT TO KNOW. HOWEVER, THE AUTHOR FIRST MAKES A DISCLAIMER AS TO THE SAFETY OF HIGH FIBER DIETS. THEN GOES TO RECIPES THAT TELLS ALL NUTRITIONAL INFORMATION ABOUT THE MEALS (MOSTLY SALADS AND SOUPS) BUT NOT ONE RECIPE GAVE THE FIBER CONTENT!!!! SAVE YOURSELF THE MONEY..... THIS BOOK WAS POORLY WRITTEN AND TOTALLY VOID OF ANY INFORMATION

Okay, this is all about fiber. In the nutrition breakdown, however, they don't include the FIBER analysis!? Otherwise... Good book!

Where is the fiber content for each recipe? The recipe had all the other content but did not list the fiber.

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