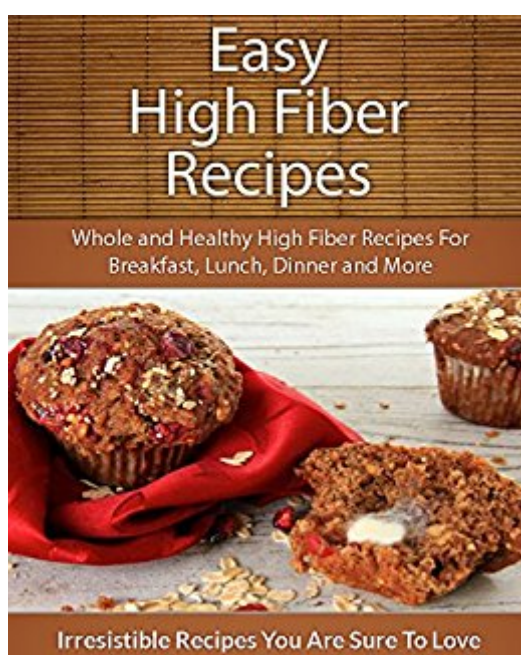


The book was found

# 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

File Size: 2184 KB

Print Length: 68 pages

Simultaneous Device Usage: Unlimited

Publisher: Echo Bay Books (July 15, 2014)

Publication Date: July 15, 2014

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00LUUI5W4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #391,382 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34

in Kindle Store > Health, Fitness & Dieting > Nutrition > Fiber #572 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat #1043 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Cookbooks, Food & Wine

## 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.

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

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

The bran muffin recipe is really good and they are good for you to.

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

## Easy recipes

We all need more fibre in our diets and this book delivers.

[Download to continue reading...](#)

High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) High Fiber Recipes: Whole and Healthy High Fiber Recipes For Breakfast, Lunch, Dinner and More (The Easy Recipe) 50 Quick And Easy Gastric Sleeve Lunch and Dinner Recipes: Easy and Delicious Bariatric Friendly, Low-Carb, High-Protein Lunch and Dinner Recipes For Post Weight Loss Surgery Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Breakfast Recipes: 50 Quick and Healthy Breakfast Recipes (Quick & Easy Breakfast Recipes, Delicious Breakfast, Everyday Recipes) Easy Mug Recipes: Convenient and Unique Mug Recipes For Breakfast, Lunch, Dinner and More (The Easy Recipe) Air Fryer: Super Quick, Easy, Healthy and Very Delicious Recipes for your Air Fryer For Your Whole Family (Vegan, Vegetarian, Chicken, Pork, Seafood, Breakfast, Lunch, Dinner Appetisers and More) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Spring Roll Recipes: Scrumptious Spring Roll Recipes for Breakfast, Lunch, Dinner and More (The Easy Recipe) Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner and More (The Easy Recipe) Bariatric Cookbook: Lunch and Dinner bundle 3 Manuscripts in 1 3 140+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein Lunch and Dinner Recipes for Post Weight Loss Surgery Whole Food: The 30 Day Whole Food Challenge 3 Whole Foods Diet 3 Whole Foods Cookbook 3 Whole Foods Recipes (Whole Foods - Clean Eating) KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Vegan Recipes in 30 Minutes or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast and Dessert Recipes Inspired by The Mediterranean Diet (Free Gift): Breakfast, Lunch and Dinner Made Simple Bariatric Cookbook: Breakfast and Lunch bundle 3 Manuscripts in 1 3 120+ Delicious Bariatric-friendly Breakfast, Brunch, Lunch and Snack Recipes for Post Weight Loss Surgery Diet

The Cast Iron Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner and Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods 50 Quick and Easy Recipes For Breakfast - Including Pancake Recipes, Waffle Recipes and Crepes Recipes (Breakfast Ideas - The Breakfast Recipes Cookbook Collection 2) Breakfast: Meals, Dining, Bountiful Breakfast Cookbook - 90 All-Time Classic, Amazingly Easy, Incredibly Delicious, Quick-To-Make Breakfast Recipes Fit ... The Whole Family (Cookbooks Best Sellers 3)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)