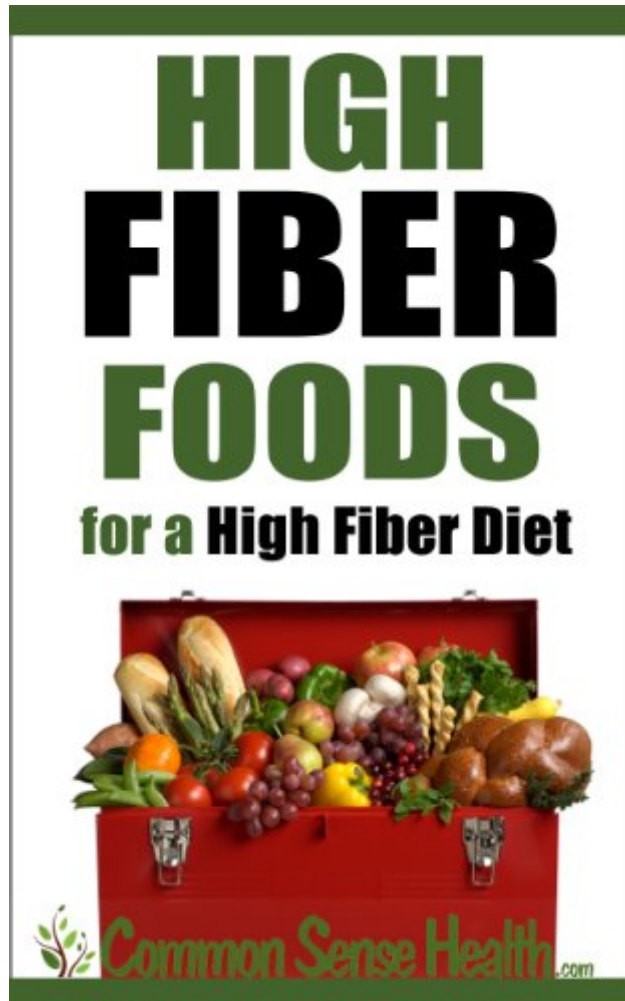


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# High Fiber Foods For A High Fiber Diet



## Synopsis

High Fiber Foods for a High Fiber Diet...here's what some readers are saying:"A BIG, BIG Thank you for all that you do to keep one's health in order.Â God bless." -Â Sheila Q."Thank you so much for all the information you guys provide.Â It really helps when there's exact info that I'm looking for, right in my inbox.Â Thanks a ton again and keep up the great work!!" -Â KrupaliEat More Fiber!You've heard that getting the right amount of fiber is important to your overall health, appearance and fitness. But do you know what fiber is and why it's so good for you?High Fiber Foods for a High Fiber Diet answers all your basic fiber questions and much more. This book includes detailed high fiber food lists to help you manage your diet and reduce your risk of constipation, high cholesterol, blood sugar problems, diabetes, obesity, heart disease and much more.Wow!Here's a look at just a sampling of what you'll find inside this book:List of High Fiber Foods with Fiber ContentThe "Good" and "Bad" Low Fiber Foods ListOptimum Fiber Amounts RecommendationsHow to Add More Fiber to Your DietThe Healthiest High Fiber Foods ListDiabetes Health Gains from High Fiber GrainsSoluble & Insoluble Fiber Foods with Fiber GramsHow to Lose Weight on a High Fiber DietPurchase "High Fiber Foods for a High Fiber Diet" right now... while this low introductory price is still available!

## Book Information

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## Customer Reviews

Glad I did not pay for this. Total waste. It was repetitive, and had very limited fiber counts. The "book" (I think it was 46 pages) said the same thing over and over. Eat fiber for heart health, weight loss, etc. Then, they repeated the same statements multiple times as if they were trying to pad the thing and make it longer.

Can't go wrong with the price. I purchased it to use as a reference guide since I am trying to eat less sugar, more low glycemic foods and more fiber.

Really, this was a lot of stuff that I already knew but it's nice having it all in one place (as far as fiber-rich foods).

It appears to be written by someone who NEVER cooks, and only prints what they read. If I'm mistaken they have a poor way of illustrating with words. I would not recommend to my friends.

RBMc Endicott, NY

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