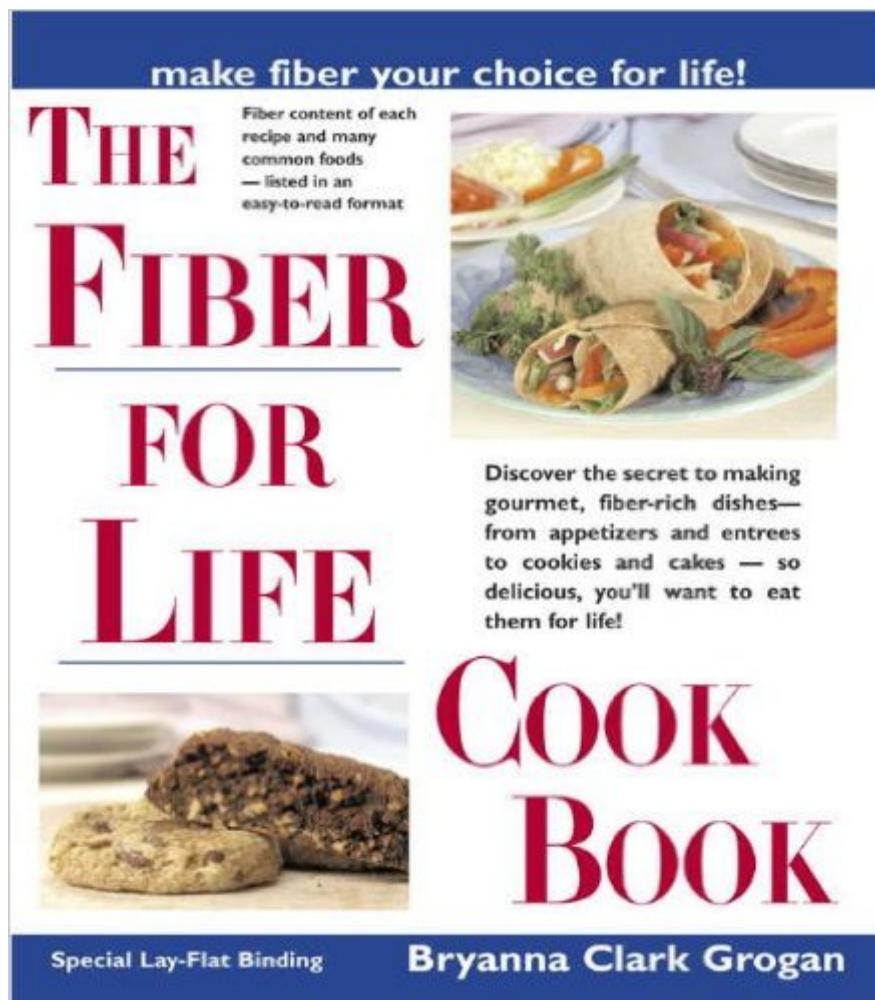


The book was found

The Fiber For Life Cookbook: Delicious Recipes For Good Health



Synopsis

Fibre can aid your digestive system and help protect against heart disease and cancer. In this cookbook, vegan author Bryanna Clark Grogan demonstrates how to use high-fibre foods to make recipes that are designed to be as tasty as they are good for you. All the recipes are vegan.

Book Information

Paperback: 160 pages

Publisher: Book Publishing Company (TN) (August 1, 2002)

Language: English

ISBN-10: 1570671346

ISBN-13: 978-1570671340

Product Dimensions: 7.1 x 0.4 x 8.1 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #133,163 in Books (See Top 100 in Books) #13 inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #200 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #242 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

In The Fiber For Life Cookbook, acclaimed natural foods author Bryanna Clark Grogan's challenge is to make us believe that "fiber" and "gourmet" can be used in the same sentence. With all of the attention focused on protein, fats, and carbohydrates today, fiber has been virtually ignored (except for Weight Watcher's, which made the connection between fiberous foods and weight loss many years ago). Simply put, when the outside layer of seeds, fruits, legumes, etc., is stripped away in a refining process, dietary fiber is also discarded. Grogan explains that dietary fiber is responsible for balancing alkalinity and acidity, and for detoxifying chemicals in the gastrointestinal system that can cause diseases such as cancer. Without fiber in our diet, cancer-producing toxins are produced in the gut by bacteria that flourish in a fiber-deficient system. When this occurs, Grogan points out that constipation may be a precursor to such life-threatening diseases as diverticulitis, large bowel cancer, colon cancer, breast cancer, gallstones, hiatus hernia, varicose veins, obesity, diabetes, and hemorrhoids, many of which do not occur in those consuming a high fiber diet. A chart of "Fiber Superstars" lists 50 foods containing at least 4.5 grams of fiber per serving (a cup of kidney beans contains a whopping 19.4 grams of fiber!). This informative chart is now on my fridge. Another chart

lists the fiber and calorie content of over 100 name-brand foods. Sample menus, with suggestions for increasing fiber, are listed for meals and snacks. Over 150 pages are devoted to recipes for breakfast, breads, appetizer/snacks, salads/dressings/sauces, soups, beans, vegetables, grains, and desserts.

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

Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The Fiber for Life Cookbook: Delicious Recipes for Good Health Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love The Frequent Fiber Cookbook: Easy and Delicious Recipes and Tips for People on a High Fiber Diet Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) High Fiber Recipes: Whole and Healthy High Fiber Recipes For Breakfast, Lunch, Dinner and More (The Easy Recipe) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Cooking with Harissa: Delicious Recipes with a Spicy North African Style (Harissa Cookbook, Harissa Recipes, North African Recipes, Tunisian Recipes, Algerian Recipes, Moroccan Recipes Book 1) Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb Recipes For Busy People (Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb Cookbook Book 1) Easy Tomato Sauce Cookbook: 50 Delicious Tomato Sauce Recipes (Tomato Sauce, Tomato Sauce Cookbook, Tomato Sauce Recipes, Italian Cookbook, Italian Recipes Book 1) Canning and Preserving for Dummies: 30 Healthy and Delicious Canning Recipes: (Canning And Preserving Recipes, Canning Recipes Cookbook) (Home Canning Recipes, Pressure Canning Recipes) Soup Recipes: 50 Simple, Delicious & Healthy Soups & Stews Recipes for Better Health and Easy Weight Loss (Delicious Soup Recipes) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) A Delicious Avocado Cookbook for Health Nuts!: Only the Best Avocado Recipes to Achieve Vibrant Health and Omega Acid Superpowers (The Health Nut

Cooking Collection 1) The Looneyspoons Collection: Good Food, Good Health, Good Fun! The Everything Calorie Counting Cookbook: Calculate your daily caloric intake--and fat, carbs, and daily fiber--with these 300 delicious recipes (Everything®) The Everything Calorie Counting Cookbook: Calculate your daily caloric intake--and fat, carbs, and daily fiber--with these 300 delicious recipes

[Dmca](#)