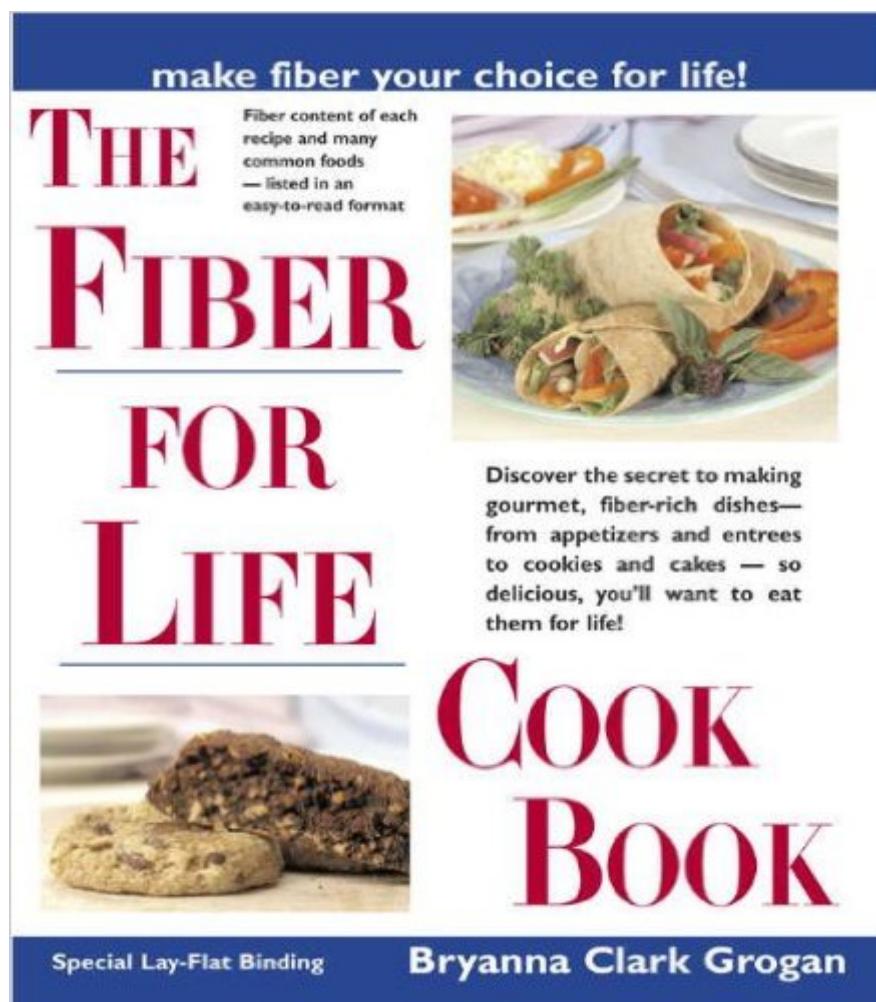


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# The Fiber For Life Cookbook: Delicious Recipes For Good Health



## 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

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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.

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