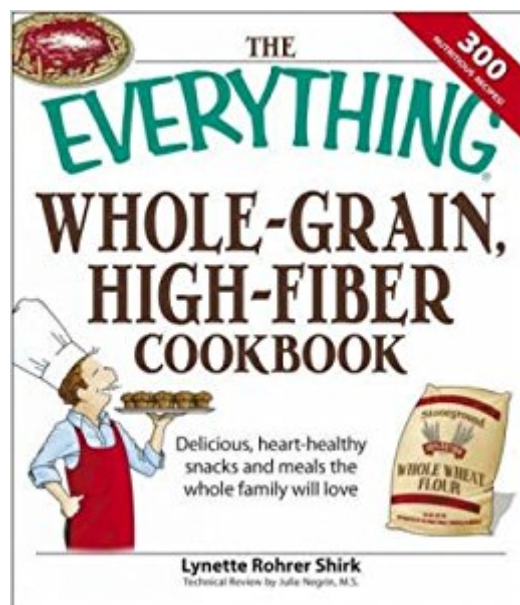




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# The Everything Whole Grain, High Fiber Cookbook: Delicious, Heart-healthy Snacks And Meals The Whole Family Will Love



## Synopsis

Written by a professionally trained chef, this book tells readers everything they need to know about improving their health by eating foods that are high in fibre and rich in whole grains.

## Book Information

Series: Everything®

Paperback: 320 pages

Publisher: Everything (April 1, 2008)

Language: English

ISBN-10: 159869507X

ISBN-13: 978-1598695076

Product Dimensions: 8 x 0.7 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 13 customer reviews

Best Sellers Rank: #714,026 in Books (See Top 100 in Books) #37 in Books > Health, Fitness & Dieting > Nutrition > Fiber #178 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #240 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

## Customer Reviews

Lynette Rohrer Shirk (Flower Mound, TX) is a classically trained chef. Julie Negrin, M.S. (New York, NY) is a certified nutritionist and culinary expert with over 10 years of experience.

Maggie loved it! She's on a very low fat diet (pancreatitis). She hated the store bought dry food, but loved-of course-the home cooked food,,,,,. Smart Yorkie!

Having to change my eating habits after dealing with Diverticulitis - decided to buy and try some of the recipes. I enjoy this book with the variety of meals to prepare.

This is a good cookbook. To be honest, I am now finding so much on the internet that I am a little sorry that I purchased this book. If you are looking for recipes high in fiber, this is a great start.

I bought this book looking for a healthy, high fiber cookbook. There are a lot of recipes that have an alarming amount of fat! Chicken Salad Bake: 74.3 grams of fat and almost 1,000 calories per serving! I think the fat and calories would offset the benefit of the fiber!!

This book is full of important information necessary in maintaining a healthy way of living.

Finally a healthy cookbook with recipes that actually taste good! I am sick of bland cardboard muffins and cookies. This cookbook uses whole grains and tons of veggies and fruits to create flavorful foods that everyone can enjoy. My top pick (so far) is the Cabbage and Chicken Salad with Peanut Dressing. WOW! Full of flavor!

Great cookbook

I bought this book recently and love it! As the mother of three kids, I find that the recipes are just right--it's not crazy low-fat which wouldn't be good for the kids, but it's healthy enough for me and my husband who want to lose a little poundage. And, dare I say it aloud, but since we've been cooking from it I think I even dropped a pound or two, and I haven't felt hungry!

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