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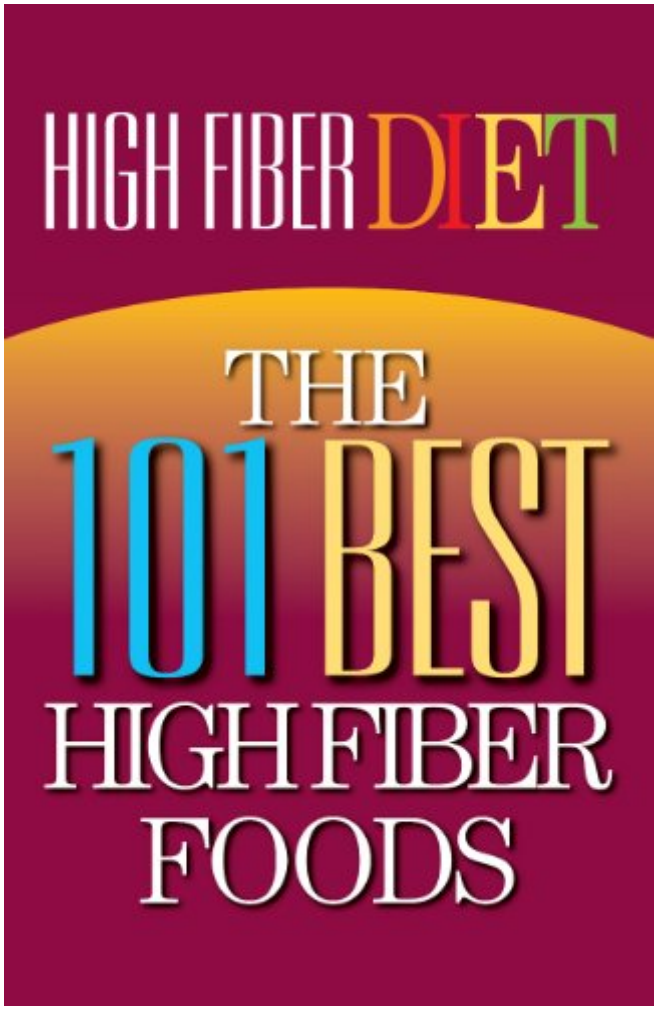
High Fiber Diet: The 101 Best High Fiber Foods



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Synopsis

Eating a diet thatÃ¢â ¬â„¢s rich in fiber offers a number of benefits to be aware of. First, high fiber diets tend to be superior for weight control because they help to fill you up quickly so you consume fewer calories. You also stay fully longer as your body takes a while to digest all the bulk from the fiber. High fiber diets, especially those with soluble fiber, will help to promote a healthier heart as they can help bind with bile and improve the excretion of cholesterol from the body. High fiber foods are also excellent for controlling or preventing diabetes as theyÃ¢â ¬â„¢ll help to keep the blood sugar levels more regulated so you donÃ¢â ¬â„¢t experience highs and lows that cause a flood of insulin to come rushing into your system. Those who are suffering from constipation are often recommended to include more fiber in their diet as a natural treatment method. And these are not drab, tasteless foods. YouÃ¢â ¬â„¢ll be surprised by some of these selections that can liven up all your meals while providing massive health benefits.This handy pocket guide gives you 101 of the best high fiber foods, including their overall health benefits and their specific fiber benefits.Includes a shopping list that conveniently organizes them as you would find them while shopping.

Book Information

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Customer Reviews

This is an excellent summary of high fiber foods. I have a suggestion to make it even better. If the table of contents could also be arranged as a for with a quick glance for comparison. For example: Above the item such as Almonds would qppear the word "Item". Followed by word "Quantity" and beneath that e.g. 10, followed by the word "Fiber" and beneath that the number of grams of fiber. By clicking on the word "Almonds" the Kindle holder would still be directed to the page about almond story as it does now. The heading words "Item" etc need not be repeated until the next page - perhaps not even then.

I really like this book because it lets you know the type of food mostly vegetables and fruit high in fiberAnd the grams you could take a day!I recommend it for the people who has devirticulitis and don’t know how to keep healthy after having a devirticulitisEvent like me!ÃƒÂ Ã Å¸Ã ËœÃ Å

Can’t go wrong with the price. i actually purchased it to use as a reference guide. I am really trying to stay off sugar and high glycemic foods and eat more fiber.

This book gives you exactly what it says - a list of 101 high fiber foods. Not much explanation and promotion of a high fiber diet and no recipes - just a list of foods laid out as an easy reference guide.

Packed full of nutritional information. I just got over a miserable case of diverticulitis. This book will help me prevent future episodes I hope. I found this book so informative.

Ok useful

Nothing that I didn’t already know

Very informative and helpful. Just what I was looking for.

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