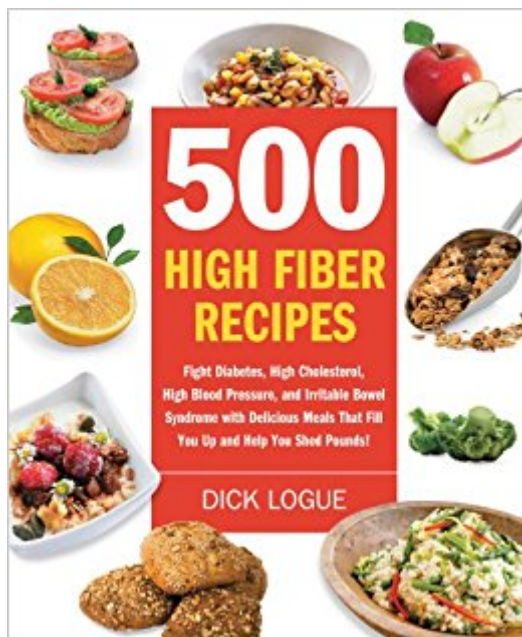


The book was found

# 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, And Irritable Bowel Syndrome With Delicious Meals That Fill You Up And Help You Shed Pounds!



## Synopsis

A high-fiber cookbook that is good for the heart and gives you practically the most variety of any cookbook on the market. 500 High-Fiber Recipes proves that upping fiber doesn't mean cutting flavor, or spending hours in the kitchen on complicated recipes. Packed with everything from savory stews to sweet treats, readers get high-fiber versions of foods they thought they had to give up like breads, pasta dishes, and desserts. It's easy to stay the high-fiber course when readers find chapters dedicated to every craving imaginable including international cuisines, from Cajun and Mexican to Italian and Asian.

## Book Information

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Average Customer Review: 4.0 out of 5 stars 26 customer reviews

Best Sellers Rank: #954,963 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #53 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#) #68 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#)

## Customer Reviews

Dick Logue is the author of several diet-friendly cookbooks and has been following a heart-healthy lifestyle for decades now. After being diagnosed with congestive heart failure more than 20 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes and writing about it on his website, Low Sodium Cooking. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of 500 Low Sodium Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes, among others. He lives in La Plata, MD.

A lot of the recipes call for a lot of ingredients that you normally not have on hand..

I have several of the Dick Logue recipe books, they are all 'eh ok'. A lot of the recipes are very, very bland, and require sometimes double the spice on what the recipe calls for.

I originally checked this book out of the library and, after renewing it for the max number of times, ended up purchasing it on . Not only great for the medical issues it addresses, it is also a great cookbook for healthy eating. I'm addicted to the granola bars on page 110!

So far this has been a great cook book. The red bean dip is awesome. Winter Soup was equally good, and the chocolate peanut butter cookies are supper simple. Very easy and cheap recipe ideas and I have only tried three. I think we will easily be able to change to high fiber diet with this book.

Great variety of recipes to pick from.

Usually I find only 1 to 5 recipes from a cookbook that are worth making more than once. I found about 25 recipes so far and I have many more to try. Well worth the money. These recipes taste good and are easy to follow. You don't have to be a great chef to make these and have them turn out well. Family members are waiting in line to borrow the book for their use.

I stumbled on Dick Logue's low sodium web site many years ago and found it to be extremely helpful. This book is the same and the recipes are basic and easy to follow.

Lots of great recipes...I am enjoying it!!!

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500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious M Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber

cookbook, high fiber diet, high fiber recipes, high fiber cooking) Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook)

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