

High Fibre Cookbook

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Summary:

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High-fiber recipes - Mayo Clinic High-fiber recipes from the nutrition experts at Mayo Clinic. High Fibre Cook Book: Recipes for Good Health (Positive ... Shows its age (1982), the forward is good p7 indicates we should eat 30 to 35g of fibre each day (the NHS says 30g) so why include Kedgeree p86 with only 2g per serving or Grapefruit marmalade p18 with negligible? Hardly high fibre, and their others with 5 or less. I have some BBC little Good Food books which are much more up to date and have nutrient values including fibre. On the plus side it was very cheap.

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