



Healthy Living with High Fibre

By -

Murdoch Books. Paperback. Book Condition: new. BRAND NEW, Healthy Living with High Fibre, Maintaining a healthy diet is a desirable and achievable aim. Yet, many people with dietary issues or chronic conditions often are confused by the plethora of advice available and unsure of what path to take to help improve their health. This series aims to motivate and inform, through sound, up-to-date nutritional advice presented in a clear, accessible way. In addition, each book features more than 100 appealing, easy recipes which demonstrate that a health condition need not condemn the sufferer to a dull and limited menu. And, they show that their dietary needs can easily be accommodated when cooking for the family. Key points: each title includes comprehensive nutritional guidelines from experts in the field; more than 100 recipes bring variety and healthful options within easy reach; and checklists and tables provide at-a-glance information.



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