



# Prevention Fiber Up Slim Down Cookbook: A Four-Week Plan to Cut Cravings and Lose Weight

*Editors Prevention Magazine*

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While common dieting wisdom suggests that those who need to lose weight must be eating too much, the newest discoveries in weight loss science now reveal that what's not being eaten can hinder weight reduction. Fiber is turning out to be the silver bullet of dieting--because it can fill you up on fewer calories, dampen cravings for fattening foods, and dramatically improve your overall health.

Consuming the right amount of dietary fiber can have profound health benefits. It can cut the risk of heart disease by 30 percent; lower cholesterol by as much as 13 points; decrease inflammation; drop blood pressure; balance blood sugar; improve memory; reduce the risk for breast, colon, and endometrial cancer; and boost the immune system. Unfortunately, ramping up fiber levels too quickly can also cause digestive distress. With an easy-to-follow, 4-week plan, *Prevention Fiber Up Slim Down Cookbook* shows how to switch over to high-fiber living without experiencing excessive gas or uncomfortable bloating.

Of course, for any weight-loss plan to work, the food must be fabulous. *Prevention Fiber Up Slim Down Cookbook* is packed with more than 200 delicious, fiber-rich recipes that work with any fiber-rich diet plan including homestyle dishes like Roasted Sweet and Russet Potato Salad and Mom's Turkey Meatloaf, tasty new favorites like Curried Beef with Pineapple and Coconut, and sweet treats like Ginger-Sweet Potato Cheesecake and Pumpkin Fruitcake.

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