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**NOT JUST A REGULAR COOKBOOK — BUT A COOKBOOK
THAT KEEPS YOU REGULAR**

THE FREQUENT FIBER COOKBOOK: EASY AND DELICIOUS RECIPES AND TIPS FOR
PEOPLE ON A HIGH FIBER DIET by Norene Gilletz and Mandy Erickson,
ISBN 978-1-4269-2527-6

If you or a family member needs to be on a high fiber diet, *The Frequent Fiber Cookbook* is for you. High fiber diets relieve chronic constipation and other digestive complaints; may be associated with a reduced risk of colon cancer; lower your risk of diabetes and high cholesterol, and also aid with weight loss. *The Frequent Fiber Cookbook* is designed to provide you with hundreds of delicious ways to increase fiber in your meals without feeling like you're on an unappealing diet. Whether you are simply trying to meet the daily recommended requirements for fiber (14 – 28 grams per day) or, for medical reasons, need to be on a moderate to very high fiber diet (25 – 50 grams per day), this book can help you meet your goals. Written by a culinary expert coined “the Julia Child” of specialty cooking, as well as a California-based food writer and columnist, this cookbook will become your go-to meal planner!

About the Authors

Norene Gilletz is a best-selling author of many specialty cookbooks in North America, including *The Food Processor Bible*, *Healthy Helpings*, *Norene's Healthy Kitchen*, *The PCOS Diet Cookbook* and *The Low Iodine Diet Cookbook*. Norene is a food consultant, food writer and columnist, cooking teacher and lecturer. She specializes in recipe makeovers for food-related websites, magazines, newspapers, cookbooks and the food service industry. Norene is a Certified Culinary Professional (CCP) with the International Association of Culinary Professionals (IACP). For more information about Norene Gilletz, visit www.gourmania.com.

Mandy Erickson is a food writer who lives in San Mateo, California. Her articles on cooking, eating and other subjects have been published in a variety of publications, including *eGullet* and *Health* magazine. She also writes restaurant reviews for the *San Francisco Chronicle*. *The Frequent Fiber Cookbook* is her third book.

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