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of fiber. In recent decades, a change has taken place in America.... The Fiber35 Diet: Nature's Weight Loss Secret by Brenda ... Recommended Foods of The Fiber 35 Diet Seven grams of orange Five grams of apple Four grams of broccoli, beans, and banana Two grams of lettuce or spinach One to two grams of mixed veggies The Fiber 35 Diet - Nature's Weight Loss Secret - Healthy ... The Fiber35 Diet will show you how to lose weight and improve your health by taking advantage of the extraordinary health benefits of fiber. In recent decades, a change has taken place in America. In contrast to the fiber-rich fruits, vegetables, legumes, and whole grains once prevalent in our diet, we now consume an overwhelming number and

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