



Healthy Cookbook Series: Eat the Foods You Love and DASH

Garcia Beverly, Jackson Janet

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Healthy Cookbook Series: Eat the Foods You Love, and DASH Have you been looking for a healthy cookbook series to improve your meals and help you make healthy food without too much effort? This book collects two great healthy cookbooks designed to keep you eating all your old favorites without packing on the pounds or hurting your body. You'll learn about healthy eating habits, portion control, intuitive eating and many other techniques that will let you bake your cake and eat it without worrying about whether it will hurt your body. Healthy nutrition doesn't have to be intimidating or complicated. It all comes down to choosing the right ingredients. In a world full of processed, chemically-treated convenience products, it's easy to end up cooking with foods that just aren't good for your body. True healthy living involves avoiding these foods and picking simpler, more natural ingredients that lead to better, more healthy cooking. These whole foods don't even take much more time to prepare, and they're full of beneficial nutrients that many processed foods now lack. By learning how to incorporate these foods in your healthy recipes, and by understanding what makes a sensible portion size, you can enjoy all your favorite foods without worrying about weight gain, high blood pressure and other problems. You'll be able to enjoy delicious tuna salad, ginger beef, cheesecake pie and old-fashioned Sunday pot roast. If you think a healthy lifestyle doesn't include foods like ham and shepherd's pie, it's time to think again! It's time to stop feeling as though you have to give up happiness and satisfaction with your food in order to eat well. Take the time to investigate all your options and enjoy great recipes that'll please the whole family. Your doctor will be happy, too, since the strategies in this volume can contribute to lower blood pressure, weight loss, a healthier heart and lowered risk of diabetes. It's time to start eating the healthy way!

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