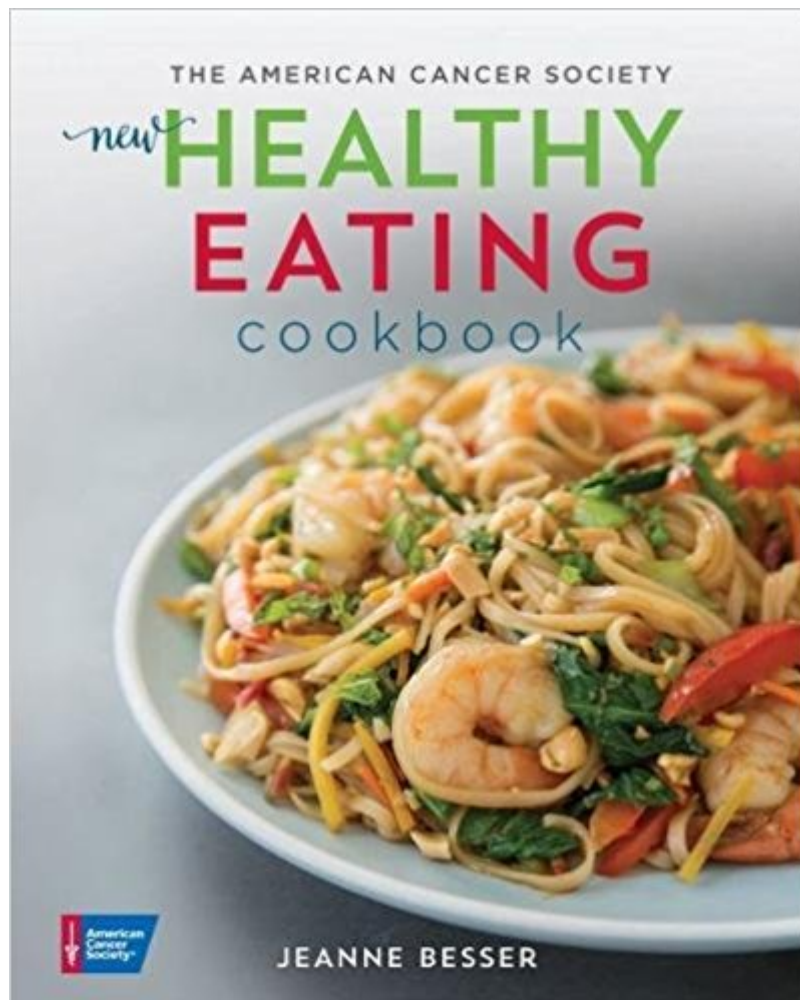




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The American Cancer Society New Healthy Eating Cookbook (Healthy For Life)



Synopsis

Winner: 2016 Best Book Awards, Cookbooks: General; Gourmand World Cookbook Award, Health and Nutrition - Institutes, 2017 IPPY Gold Medal Cookbooks, Nutritional/Vegetarian, 2017 IBPA Benjamin Franklin Award, Gold Medal, Health and Fitness, 2017 International Book Awards, Health: Diet and Exercise, 2017 NIEA Indie Excellence Awards, Health Finalist: 2017 NIEA Indie Excellence Awards, Cookbooks • Get cooking and eat your way to better health with the latest edition of this popular cookbook. It includes more than 100 simple and delicious dishes that will turn healthy eating into a celebration of good food. It includes healthy substitutions, simple tips in the kitchen, smart shopping ideas, and notes on how to judge portion sizes. There is new material on how to shop in a healthy way, how to set up your pantry for healthy meals, and guidelines for physical activity. With the latest research, revisions to recipes, and updated recommendations for healthy eating, this cookbook makes it fun and easy to eat well.

Book Information

Series: Healthy for Life

Paperback: 232 pages

Publisher: American Cancer Society; 4 edition (November 1, 2016)

Language: English

ISBN-10: 1604432373

ISBN-13: 978-1604432374

Product Dimensions: 7.9 x 0.6 x 9.9 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 22 customer reviews

Best Sellers Rank: #450,549 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #82 in Books > Cookbooks, Food & Wine > Special Diet > Cancer

Customer Reviews

"The Great American Eat-Right Cookbook provides a wonderful array of simple recipes. Anyone who cares about eating healthy will benefit from this nicely laid-out book, which includes helpful tips, clear information on serving sizes, prep time and total cooking time, and nutritional information."

•nightowlreviews.com"With the latest research, new recipes, and updated recommendations for healthy eating, The American Cancer Society New Healthy Eating Cookbook makes it fun and easy to eat well. Very highly recommended, especially for personal, family, and community

library cookbook collections." [Midwest Book Review](#)

Jeanne Besser is a former food columnist for the Atlanta Journal-Constitution and author of numerous cookbooks, including the American Cancer Society's The Great American Eat-Right Cookbook and What to Eat During Cancer Treatment. Among her other cookbooks are The 5:30 Challenge: 5 Ingredients, 30 Minutes, Dinner on the Table; The First Book of Baking; and Working Mom's Fast & Easy Family Cookbook. She is coauthor of Tell Me the Truth, Doctor: Easy-to-Understand Answers to Your Most Confusing and Critical Health Questions. She lives in Montclair, New Jersey.

Has some really yummy recipes great cooking/kitchen tips. Especially liked the Thai It Up Chicken Soup...definitely a feel good comfort food with a little different take on traditional chicken soup. Each recipe gives nutritional content breakdown which is great. Not every recipe has a picture but the ones that do are beautifully illustrated. Makes a wonderful gift.

Wonderful recipes and information for healthy living....each recipe has tips for alternate ingredients.....beautifully written.....loved the section on snacks and eating out as well as eating in.....Well Done

The first ten pages are worth the purchase... An easy honest look at real human proportions. Recipes are good and well explained. Great to have above the stove.

Gave this book out as holiday gifts. Bought one for myself and the recipes are great!

Really like this book very yummy simple recipes. Foods that are healthy but palatable.

A wonderful buy. Love the easy nourishing recipes.

Fast shipping and as expected.

Wonderful recipes & delivery

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Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook,) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook ((Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating,)

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