



30 Secrets of the World's Healthiest Cuisines: Global Eating Tips and Recipes From China, France, Japan, the Mediterranean, Africa, and Scandinavia (Paperback)

By Steven Jonas, Sandra J. Gordon

John Wiley and Sons Ltd, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book. Discover the most delicious ways to eat healthier from around the world! We all know that eating healthier is easier said than done. New diets pop up every few months; the only problem is that the food choices are often too bland and there's usually little variety in the dishes you can eat. 30 Secrets of the World's Healthiest Cuisines is about to change all that. In a delicious departure from the nutrition-through-sacrifice school of cooking, this book celebrates the international and the flavorful with a healthy twist. You'll find out how to use the most healthful nutritional principles and ingredients from the world's major cuisines to create one fabulous, healthy global eating program. 30 Secrets of the World's Healthiest Cuisines blends the latest nutrition research with information about the culinary histories and traditions of a number of major countries and regions around the world. By incorporating this culinary wisdom into your diet, you can reduce your chances of developing a number of major diet-related diseases such as cancer, heart disease, diabetes, and osteoporosis. You can also feel...



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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- **Mr. Gustave Gerhold**

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**