



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

Steven Jonas, Sandra J. Gordon

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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 better, look better, and be happier. Packed with practical tips to increase the disease-fighting power of your diet, this book will:

- * Reveal the healthy Mediterranean eating secrets that can help you lower your risk of heart disease
- * Uncover the Chinese diet that has led to lower rates of cancer and diabetes in China
- * Divulge the truth about how the French often enjoy rich sauces, triple-fat cheeses, red wine, duck-liver pate, and chocolate mousse and still stay thin and healthy
- * Explain how Japanese dishes and drinks can potentially help you reduce your risk of cancer and heart disease
- * Explore the wealth of vegetables and grains in the tasty foods of the west coast of Africa

Along with the nutrition and health information featured in this book, a host of cooking professionals have contributed recipes to help you bring home the flavors and secrets of healthy eating from around the world. With 86 recipes and several meal plans to choose from, 30 Secrets of the World's Healthiest Cuisines will make your diet a delicious and healthy one!

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Daniele Vaugh:

A lot of people always spent their free time to vacation or perhaps go to the outside with them family or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for you. If you enjoy the book you read you can spent all day long to reading a publication. The book 30 Secrets of the World's Healthiest Cuisines: Global Eating Tips and Recipes From China, France, Japan, the Mediterranean, Africa, and Scandinavia it is very good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. Should you did not have enough space to develop this book you can buy the particular e-book. You can m0ore simply to read this book from the smart phone. The price is not to cover but this book features high quality.

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Benjamin Herrera:

What is your hobby? Have you heard that question when you got pupils? We believe that that question was given by teacher to their students. Many kinds of hobby, All people has different hobby. So you know that little person just like reading or as reading become their hobby. You should know that reading is very important in addition to book as to be the thing. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You will find good news or update with regards to something by book.

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