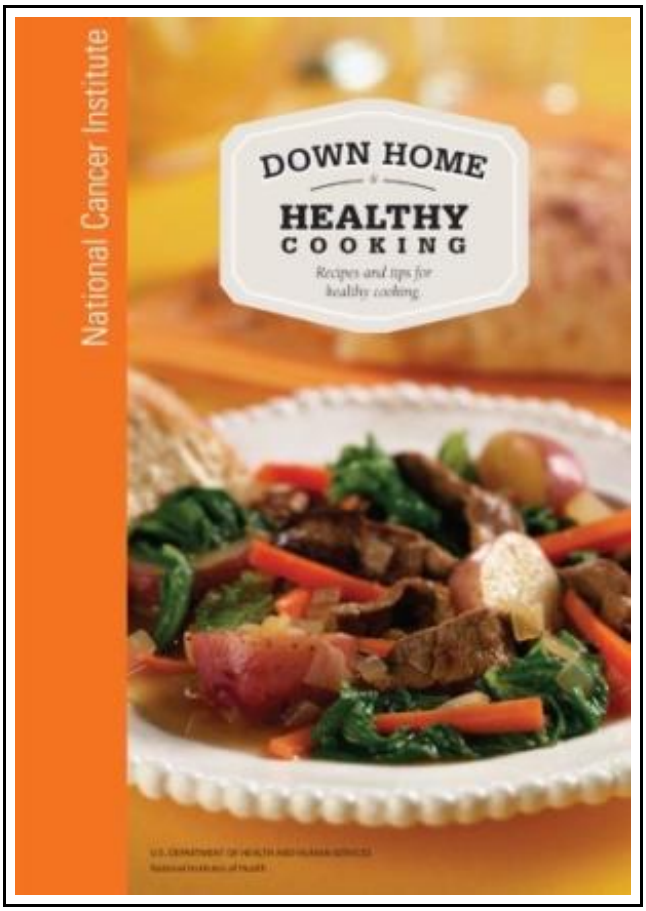
Down Home Healthy Cooking Recipes and Tips for Healthy Cooking



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Reviews

An incredibly amazing book with perfect and lucid information. I was able to comprehended everything using this written e ebook. I realized this book from my dad and i advised this ebook to understand.

(Hank Ruecker DDS)

DOWN HOME HEALTHY COOKING RECIPES AND TIPS FOR HEALTHY COOKING

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. Dimensions: 10.0in. x 7.0in. x 0.1in.National Institutes for Health Publication 10-3408 Down Home Healthy Cooking: Recipes and Tips for Healthy Cooking address the concerns that African Americans suffer from higher rates of serious diseases like high blood pressure, Type 2 diabetes, heart disease and some types of cancer. African Americans suffer more serious health problems and die at an earlier age from these diseases. The good news is that eating a healthy diet and leading an active lifestyle promote good health and lowers the chances for getting these illnesses. A healthy diet includes fruits and vegetables, whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs, and nuts. A healthy diet is also low in saturated fat, trans fat, cholesterol, salt and added sugars. Everyone has the power to make choices to improve hisher health. And eating right doesnt mean giving up our wonderful soul food. In fact, the basic staples of traditional soul food include lots of healthy vegetables: dark leafy greens, sweet potatoes, and high-fiber black eyed peas just to name a few. But they are often cooked with ingredients that add too much saturated fat, calories and salt to our diet. By making a few simple changes, you and your loved ones can enjoy the flavors of healthy down home cooking. The recipes and hints in this cookbook will help you get started. This item ships from La Vergne,TN. Paperback.

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