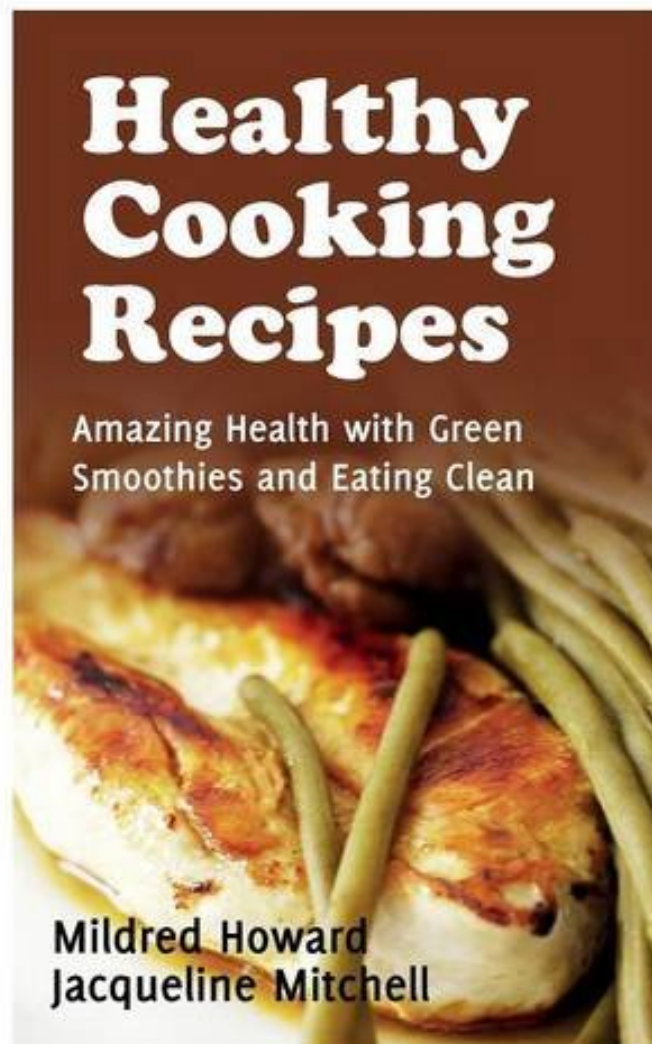


(Mobile book) Healthy Cooking Recipes: Amazing Health with Green Smoothies and Eating Clean

Healthy Cooking Recipes: Amazing Health with Green Smoothies and Eating Clean

Mildred Howard, Mitchell Jacqueline

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Mildred Howard, Mitchell Jacqueline : Healthy Cooking Recipes: Amazing Health with Green Smoothies and Eating Clean before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Cooking Recipes: Amazing Health with Green Smoothies and Eating Clean:

0 of 0 people found the following review helpful. I have always loved learning about healthy eating and am always fascinated at ...By Patience2016I have always loved learning about healthy eating and am always fascinated at how

people from all over the world enjoy different kinds of foods. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia, or in the increased risk of suicide in young people. Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. Try to eat a rainbow of fruits and vegetables every day as deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants. Add berries to breakfast cereals, eat fruit for dessert, and snack on vegetables such as carrots, snow peas, or cherry tomatoes instead of processed snack foods. If you have never heard of the Mediterranean diet, it probably is time you Google it and learn because you will love it. Mediterranean diet incorporates the basics of healthy eating. Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats. While these parts of a healthy diet are tried-and-true, subtle variations or differences in proportions of certain foods may make a difference in your risk of heart disease. Benefits of the Mediterranean diet I read an article online that stated that, "Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol—the "bad" cholesterol that's more likely to build up deposits in your arteries. In fact, a meta-analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of cardiovascular mortality as well as overall mortality." Armed with this information, it seems like an awesome way of eating for all age groups and a healthy way of daily eating instead of going on diets. An article I found online gave the information below as a guide for Mediterranean diet. I hope you find it helpful.

- Eat your veggies and fruits—and switch to whole grains. An abundance and variety of plant foods should make up the majority of your meals. Strive for seven to 10 servings a day of veggies and fruits. Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.
- Go nuts. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try tahini (blended sesame seeds) as a dip or spread for bread.
- Pass on the butter. Try olive or canola oil as a healthy replacement for butter or margarine. Use it in cooking. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Or try tahini as a dip or spread.
- Spice it up. Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.
- Go fish. Eat fish once or twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and requires little cleanup. Avoid fried fish, unless it's sautéed in a small amount of canola oil.
- Rein in the red meat. Substitute fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat meats.
- Choose low-fat dairy. Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.
- Raise a glass to healthy eating. If it's OK with your doctor, have a glass of wine at dinner. If you don't drink alcohol, you don't need to start. Drinking purple grape juice may be an alternative to wine.

I received this book for free in place of an honest review. 0 of 0 people found the following review helpful. Not a bad buy if you can get this book for free or under a buck. By CrazyLabrat Healthy Cooking Recipes: Amazing Health with Green Smoothies and Eating Clean Kindle Edition by Mildred Howard (Author), Mitchell Jacqueline (Author) yet another 2 part book that has 2 different eating plans, at least this one can be interchanged, meaning that the recipes from Part 1 can, and are, incorporated into part 2 of the book. My first impression of this 2 part book, as with all these kindle edition books, is there is absolutely no pictures (I'm a very visual person), and there is no nutritional values added with any of the recipes. Why the heck not? Very bothersome. Yet this book, unlike so many other kindle edition 2 parters I've gotten, has a connection between part 1 and part 2 of the book. Many other I've purchased you can't use recipes from part 1 in part 2, and vice versa. Part 1 of this book is strictly smoothies, and the 5 day menu touts you have 3 smoothies a day, one for breakfast, lunch, and dessert, as well as have a mid-morning and afternoon snacks, and a supper of lean meat, fresh whole vegetables and fruits. So it's strictly not an all liquid smoothie diet as I saw another review claim. Part 2 of this book concerns clean eating, or eating natural whole foods, and staying away from processed foods. The smoothies from part 1 can definitely be utilized in part 2 of the book. Not a bad buy if you can get this book for free or under a buck. 2 of 2 people found the following review helpful. Lots of smoothie recipes but skips all the potential risks of the diet. By S. Deffendoll I was interested in this cookbook because I have been looking for some new smoothie recipes to try. I normally have a smoothie for breakfast a few times a week and sometimes as a snack but am getting tired of the same ones. I am always critical of any type of "diet" book because a lot of the claims have no proof behind them and many of these diets can actually be damaging in the long run. Since I am trying to eat healthier overall and not just diet to lose a couple of pounds I am pretty critical of these "fad" diets. The smoothie diet in particular has a lot of potential health risks which the authors do not bother to cover so I will fill them in. Simply searching out more information provides numerous potential risks which I want to list for the benefit of someone who might be thinking about trying out the diet. First, it is really difficult to get all of the needed nutrients

through a liquid diet and since the authors provide no references or offer credibility I wouldn't trust their assumptions at face value. Second, sugar spikes, cravings, and rebound weight gain are really common with liquid based diets. Third, without proper nutrition and with liquid predominate diets you are more susceptible to digestive issues, gallstones, and muscle loss which are all likely to cause problems down the road. Many of the healthy eating books I have read recommend only replacing one meal a day with a smoothie. I do like that there are a lot of recipes for smoothies and I will try out a few of them but switching the majority of your calories to just smoothies is not something I would do. The information on the eating clean diet is word for word the same as it is in several other books I have looked at. There really isn't enough information provided to have a sustainable diet beyond the 5 day meal plan that is provided. I'm not sure why so many books insist on throwing in a second diet just to bulk up how many pages are in the book when there is so much more useful information that could have been added to the smoothie section.

Healthy Cooking Recipes: Amazing Health with Green Smoothies and Eating Clean Healthy living has never been more popular! That's because more and more people are realizing how damaging a standard American diet can be. Rich in processed products, genetically engineered foods, and artificial ingredients, this diet has been blamed for a huge increase in all kinds of diseases. It's anything but a source of healthy nutrition, and many consumers are beginning to realize that. While convenience food may be appealing, it's not right for people who want to live well.

About the Author Co author of: "Healthy Cooking Recipes: Amazing Health with Green Smoothies and Eating Clean".