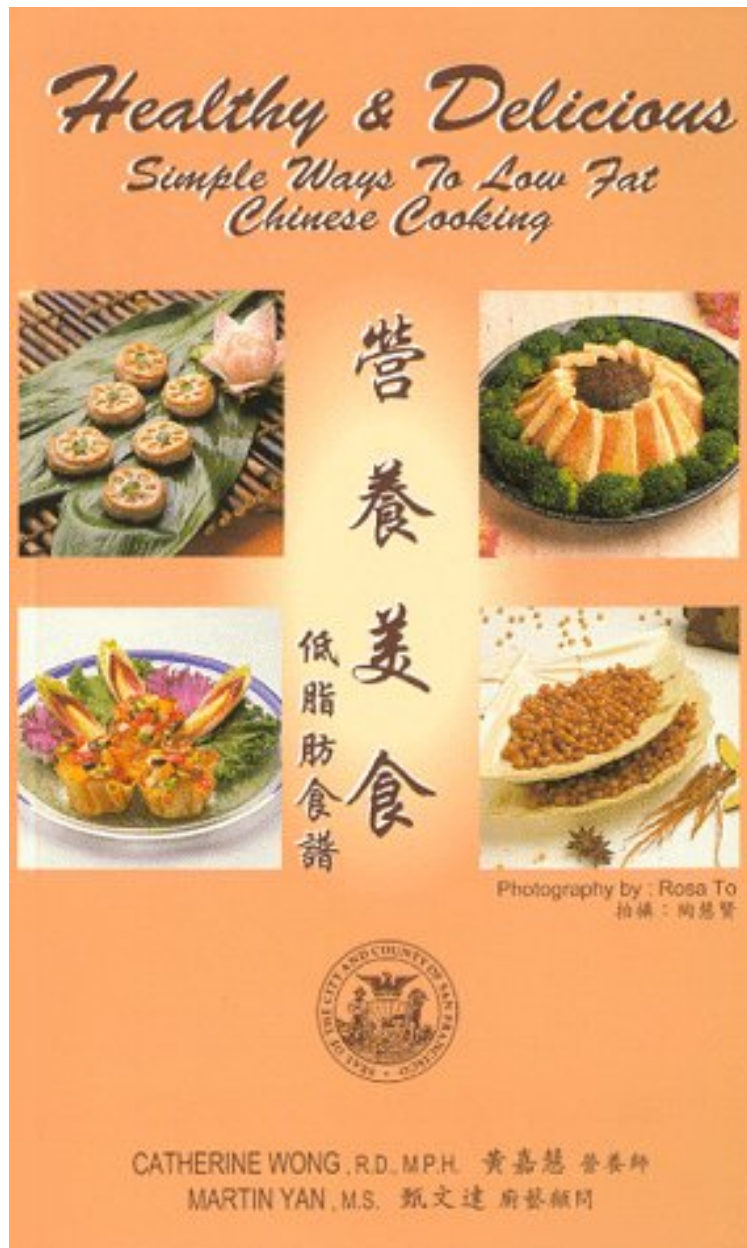


[FREE] Healthy Delicious - Simple Ways To Low Fat Chinese Cooking

Healthy Delicious - Simple Ways To Low Fat Chinese Cooking

R.D., M.P.H. Catherine Wong, M.S. Martin Yan
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R.D., M.P.H. Catherine Wong, M.S. Martin Yan : Healthy Delicious - Simple Ways To Low Fat Chinese Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy

Delicious - Simple Ways To Low Fat Chinese Cooking:

80 pages, 5-1/2 x 8-1/2, full color with photo illustration Bilingual in Chinese and English Updated recommendations from cardiologist, oncologist and nutritionist 6 skills to help achieve healthy eating Low fat recipes with easy-to-prepare steps, photographs and nutrition analysis Pictorial sample meal plan and snack ideas

"Healthy Delicious will be a great help for physicians and other health care providers in giving practical nutrition tips to their Chinese American clients" -- Alexander Moy, M.D. Medical Director, Chinatown Public Health Center San Francisco Department of Public Health "This culturally sensitive and easy-to-read cookbook is a must on the table top of everyone who prepares or eats Chinese meals. It should be a major ally in the fight against heart disease, stroke, and cancer." -- Collin P. Quock M.D. Clinical Professor of Medicine, University of California San Francisco Past President, American Heart Association, California Affiliate "This is the first bilingual low fat Chinese cookbook created by a registered dietitian and a culinary expert. They are the perfect team to teach us a new approach to balanced nutrition through mouthwatering, easy to prepare meals." -- Elizabeth Ma President-Elect, Chinese American Dietetics Association

Language Notes
Text: English, Chinese

About the Author
Catherine Wong is a nutrition expert specializing in health promotion programs for the Chinese since 1979. She received her B.S. and M.P.H. degrees in nutrition from the University of California, Berkeley and Los Angeles respectively. In 1992, she was invited by the United Nations FAO to train doctors and nutritionists in China. Working with the San Francisco Department of Public Health, Catherine has received numerous awards locally and nationally including the prestigious "Young Dietitian of the Year" award from the American Dietetics Association.

Martin Yan is an internationally acclaimed culinary expert in Chinese cuisine. He received his M.S. degree in Food Science from the University of California, Davis, and an Honorary Doctorate in Culinary Arts from the famed Johnson and Wales University. Chef Yan has been the host of Yan Can Cook, the worldwide syndicated cooking program, since 1978. He is also the host of Martin Yan's Sizzling Wok, a Cantonese and Mandarin cooking program. Chef Yan is the author of 16 cookbooks and has received numerous national and international awards. He is committed to improving the nutritional well-being of the community.