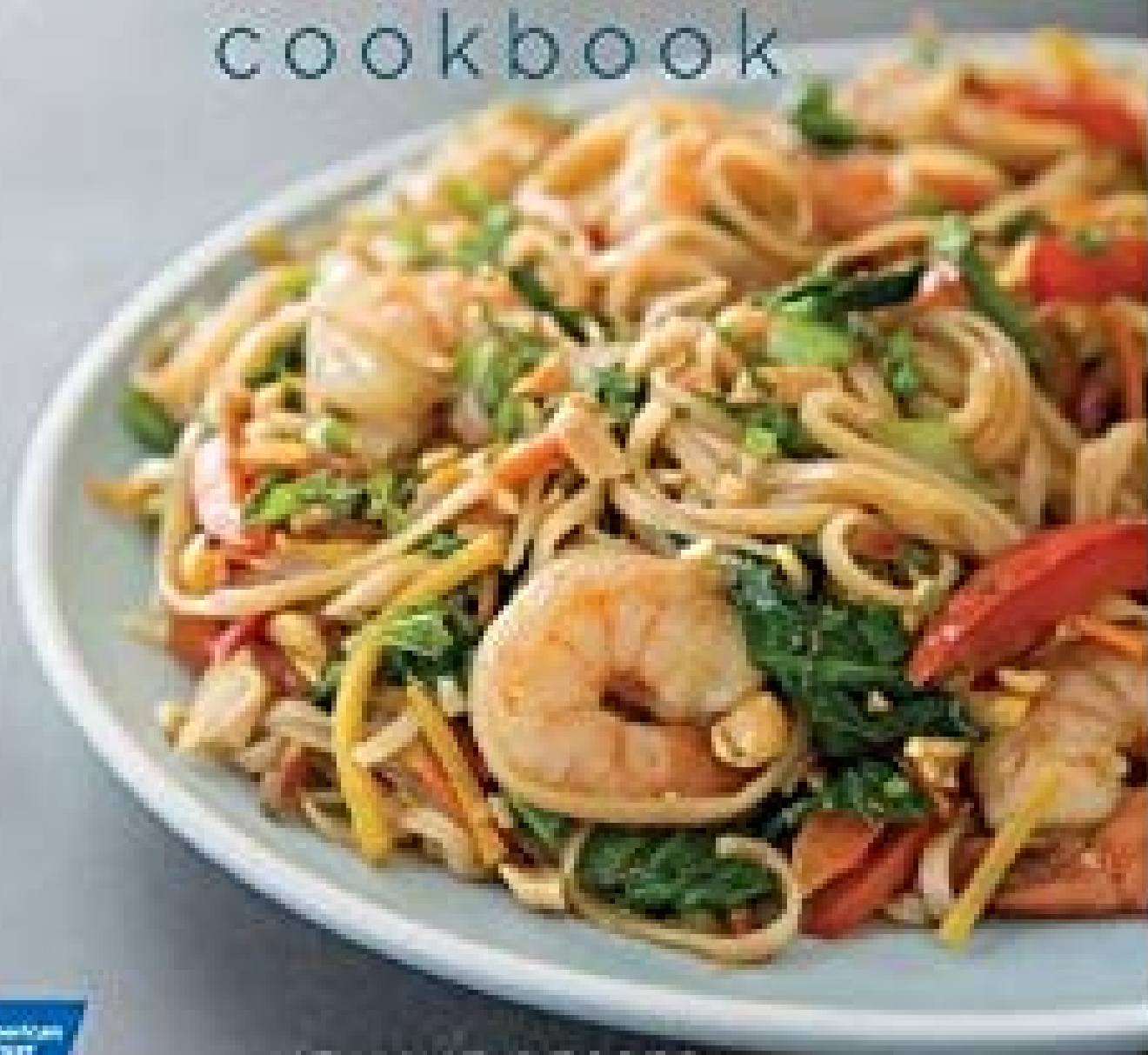


THE AMERICAN CANCER SOCIETY

new **HEALTHY**
EATING
cookbook



JEANNE BESSER

Jeanne Besser

The American Cancer Society New Healthy Eating Cookbook (Healthy for Life)



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There is new material on how best to shop in a wholesome way, how to set up your pantry for healthful meals, and suggestions for exercise.— It includes more than 100 simple and delicious meals that will turn healthy eating into a celebration of good food. Gourmand Globe Cookbook Award, Health and Nutrition - Institutes, 2017 IPPY Gold Medal Cookbooks, Nutritional/Vegetarian, 2017 IBPA Benjamin Franklin Award, Gold Medal, Health and Fitness, 2017 International Reserve Awards, Health: Diet and Exercise, 2017 NIEA Indie Excellence Awards, Health Finalist: 2017 NIEA Indie Excellence Awards, Cookbooks — Obtain cooking and eat the right path to raised health with the latest edition of this popular cookbook.— It offers healthy substitutions, simple guidelines in the kitchen, smart shopping concepts, and notes on how to judge food portion sizes.Winner: 2016 Best Book Awards, Cookbooks: General; With the most recent research, revisions to recipes, and updated tips for healthy eating, this cookbook helps it be fun and an easy task to eat well.



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