



Simple, Tasty Recipes  
That Help Reduce  
the Risk of  
Vision Loss from  
Macular Degeneration

# EAT RIGHT

F O R

# YOUR SIGHT

Jennifer Trainer Thompson  
Johanna M. Seddon, MD, ScM

A PROJECT OF THE  
American Macular Degeneration  
Foundation



Jennifer Trainer Thompson and

## Eat Right for Your Sight: Simple, Tasty Recipes that Help Reduce the Risk of Vision Loss from Macular Degeneration



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Eat Best for Your Sight provides a delicious way to add the best ingredients for attention health to every meal of the day. Feast your eyes on these appealing dishes: Sweet Pea GuacamoleChicken-Vegetable Noodle BowlsGarlic-Lime Pork ChopsCarrot-Ginger Juice . Millions of people are at risk, and we still don't have a remedy.THE GOOD THING: The latest research suggests that healthy lifestyle choices, including a diet plan rich in lutein, zeaxanthin, and additional key nutrients, can delay the onset and progress of AMD.Safeguard your eyesight with 85 simple, satisfying recipes rich in the nutrients that fight macular degenerationThe Poor News: Age-related macular degeneration (AMD) may be the leading reason behind central vision loss in adults older than fifty. It could wreak havoc on the ability to see faces, read, drive, and move about properly. . . and more! With Dishes from Lidia Bastianich, Ina Garten, Jacques Pé Taking care of your eyes hasn't been much easier!Every recipe includes comprehensive nutrition information and offers been carefully crafted to do something like medicine however, not taste like it.pin , Alice Waters, Andrew Weil, MD, and other superstars of healthy food preparation.



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A Great Cookbook for Anyone I've tried 2 of the juice recipes which turned out to be delicious. I recently prepared 1 recipe, the chicken & grains), but it is tough to develop enough good tasting dishes for every day. I would never have thought to consist of it in a salad, but just what a nice surprise! I'd definitely recommend this reserve. Highly recommend. forth to look at the ingredient list vs the cooking food instructions. I've tried therefore many new tastes and mixtures and loved all of them! healthy recipes using fresh ingredients, easy to follow I've tried 3 quality recipes so far and all were extremely good. They are healthy and use plenty of more fresh vegetables and fruits, fibers, and so are low in extra fat, which makes this a great choice for people who make an effort to eat heart-healthy meals too. I can't do this on my pc. Large print, beautiful photographs. An example from the dessert section: chocolate cupcakes with beets(!) and chocolate frosting that uses raspberry greek yogurt. Five Stars Good book for quality recipes which also donate to great eyesight. Made a fifty percent batch. They are delicious! vegetables & The chocolate frosting is quite interesting as well (and easy). didn't what it on my pc. When you get terrified by your physician and what Macular Degeneration, start here. My hubby loved it. We're told to consume a rainbow of colours (fruits & Finally, beets I could eat! Another recipe tried was the salad which include butternut squash. This cookbook enables me to revise my heart-healthy repertoire with some brand-new ideas. Best for your eyes and center. The only reason it rated a 4 celebrity is because you have to flip back & Good and Healthy I already knew about all of the health benefits of this type of eating so the best thing about this book is the recipes. They're beautifully illustrated and delicious. The 1st one I tried was the Poultry with mushrooms and thyme. I know that there are so many chicken recipes almost everywhere but that one really hit the location. I wanted to be able to pick it and appearance at in my own kitchen. Unusual combination but very delicious (and, again, easy). It is easy to get totally insane and desire to drink herring essential oil while consuming egg yolks and yellowish peppers. Read this 1st. I wanted . It is calming to learn and helpful at the same time. Good luck! I like just how this book explains what vitamins each fruit .... I hate beets but decided to try this recipe out of curiosity. Just a terrific and informative cookbook Extremely well written. Very important information regarding products in each recipe for eye health. Only a terrific and informative cookbook. I feel supported in my mission for better eyes health. I love this cookbook I love this cookbook! She is using the recipe's and also enjoys reading more about preventing her eye sight from getting worse. .. Not to mention the recipes are fabulous, fun and different. Lovely cookbook, tasty & Another example from the main dish section: salmon with strawberry balsamic vinegar topping. You can include yummy to your daily diet and not go blind simultaneously.. I like the way this book explains what vitamins each fruit or veggie has that are used in the recipes. didn't what it about my pc. Simple Recipes to truly get you Started! The cookbook is quite well organized. Not really a cookbook! Bought this for my grandmother and she loves it. I am attempting to eat healthier, and the quality recipes in this cookbook are an easy task to make and delicious. Good Nutrition that Preferences Fabulous! mushroom, which also was very good, but would have benefited from slightly bit of salt. If you are concerned about nutrition and eyes health this is the cookbook for you. book and I hope it can help me consider better treatment of my sight This is a interesting book and I am hoping it will help me take better care of my sight. Reordered Great photos with menus. Content simple and well organized. Bought 2 more as gifts.



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