



World's Healthiest Foods, 2nd Edition: The Force For Change To Health-Promoting Foods and New Nutrient-Rich Cooking

By George Mateljan

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The World's Healthiest Foods Second Edition is Bigger and Better!

If you own the first edition, you need the new World's Healthiest Foods Second Edition. Here are 8 reasons why:

- The World's Healthiest Foods, 2nd Edition is the most comprehensive, authoritative, up-to-date book on healthy eating and cooking you can find.
- New Smart Menu: The Smart Menu illustrates how you can combine the World's Healthiest Foods with Nutrient-Rich Cooking in a remarkable menu that provides you with 100% of the nutrients you need each day and also tastes great! And no need to develop a shopping list or calculate the nutritional benefits; I do all of this for you. The breakfast, lunch, dinner and snacks exemplify how you too can create menus that fulfill your nutritional needs and satisfy your taste buds to put you on the path to a slimmer, healthier and more energetic you. You won't be able to find this kind of Menu anywhere else.
- New Nutrient-Rich Cooking: How you cook your food can be as important as the foods you select to eat. Traditional ways of cooking could lose from 50-80% of nutrients because of high cooking temperatures and long cooking times; this was especially true when it came to cooking vegetables. In this edition I have placed special focus on healthy cooking in general and healthy cooking of vegetables in particular not only to make them taste great but with the aim to preserve as many nutrients as possible.
- 300 New Recipes: The challenge to healthy cooking has always been to make healthy food taste good, so in this edition I have added 300 new recipes to make Nutrient-Rich Cooking quick, easy, and enjoyable.
- New Food Chapters and Updated Information: You will enjoy 10 chapters on

new World's Healthiest Foods as well as chapters on six new herbs and spices. Each chapter provides information about the best way to select, store, prepare, and cook each of the foods as well as sections on identifying the different types of each food, and updated nutritional charts for each. The chapters have been revised and expanded to reflect the findings from 10,000 published studies.

- Updated Nutrient Chapters: Scientific studies continue to find that the best source of nutrients is from the food you eat. In this edition I provide Readers with the most research-based, up-to-date, food oriented look at nutrients. The focus in the 31 new nutrient chapters is on getting nutrients from food and not on supplements.

- The 2nd Edition is an Expansion of the 1st Edition: Even with more pages, thousands of updates, updated nutritional charts, this 2nd edition is selling at the same retail price!

- Exciting New Design: This 2nd Edition is not only informational, its hundreds of new photographs of food, food preparation, and recipes make it beautiful as well.

This second edition is a wealth of health-promoting information right at your fingertips. It is your ultimate guide for healthy eating and cooking. You will learn how to prepare health-promoting vegetables that you never thought you could enjoy using recipes most of which take 5 minutes or less to prepare. This exciting second edition of the World's Healthiest Foods is waiting for you to explore. I believe it will become your most important reference on healthy eating and cooking and everything you have come to expect from the George Mateljan Foundation.

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Editorial Review

About the Author

George Mateljan is an expert in healthy eating and cooking and has dedicated his life to teaching and sharing his knowledge. Founder and owner of Health Valley foods for 26 years, his George Mateljan (non-profit) Foundation has developed the whfoods.org website with currently over a million visitors a month. He is also the author of 5 best selling cookbooks.

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From reader reviews:

Deana Broom:

What do you concerning book? It is not important along with you? Or just adding material when you want something to explain what the ones you have problem? How about your time? Or are you busy man? If you don't have spare time to do others business, it is give you a sense of feeling bored faster. And you have extra time? What did you do? Every individual has many questions above. They must answer that question simply because just their can do in which. It said that about publication. Book is familiar on every person. Yes, it is proper. Because start from on jardín de infancia until university need that World's Healthiest Foods, 2nd Edition: The Force For Change To Health-Promoting Foods and New Nutrient-Rich Cooking to read.

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David Creason:

Within this era which is the greater man or who has ability in doing something more are more valuable than other. Do you want to become one among it? It is just simple strategy to have that. What you have to do is just spending your time almost no but quite enough to get a look at some books. One of several books in the top checklist in your reading list is usually World's Healthiest Foods, 2nd Edition: The Force For Change To Health-Promoting Foods and New Nutrient-Rich Cooking. This book that is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking way up and review this guide

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Denita Lumley:

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