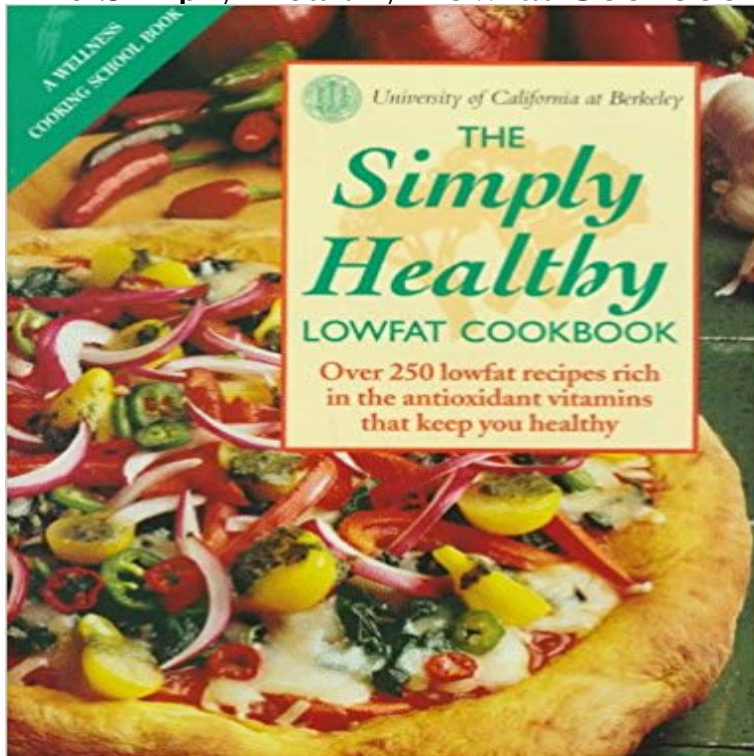


# The Simply Healthy Lowfat Cookbook



If you are concerned about your health, you may already be trying to maintain a diet that is low in fat and high in fiber. Now, with The Simply Healthy Lowfat Cookbook, you can go a step further toward staying healthy by preparing recipes that are packed with beta carotene and vitamin C. Known as anti-oxidant vitamins because they protect the body from the adverse effects of oxygen, these vitamins (along with vitamin E) may help prevent such illnesses as heart disease and cancer. Research has shown that the best way for your body to get vitamin C and beta carotene is to eat fruits and vegetables high in these vitamins rather than to take vitamin supplements. But which foods contain these antioxidants and how much do you need? The Simply Healthy Lowfat Cookbook, developed by the cooks and nutritionists at the Wellness Cooking School in conjunction with the editors of the University of California at Berkeley Wellness Letter, not only details the best sources and an ideal intake for these vitamins, it also answers all your questions about why antioxidants are so beneficial. To help you maintain an antioxidant-rich diet, more than 250 lowfat recipes featuring many of your favorite fruits and vegetables -- strawberries, melons, sweet potatoes, carrots, red bell peppers, tomatoes and more -- have been specially created for this book. Here are dishes that are not only delicious but innovative. For example, a recipe for California Pizza adds carrot juice to the dough to boost the beta carotene content to 17 milligrams, almost triple the minimum recommended daily intake. Ice cream and chocolate cake are made with sweet potatoes, second only to carrots as the best source of beta carotene. A recipe for sauteed spinach and kale contains 265 milligrams of vitamin C, surpassing the recommended daily intake in just a side dish. With chapters on Soups & Stews, Poultry, Fish & Shellfish, Meat, Meatless

Main Courses, Pasta, Main-Course Salads, Vegetables & Grains and Desserts, Simply Healthy has flavor-packed, anti-oxidant-dense dishes for every course. Throughout the book there are also Super-Quick recipes for the busy cook who doesnt want to sacrifice good nutrition. Moreover, every recipe is accompanied by an extensive nutritional analysis. Perhaps you are one of the many Americans who do not consume nearly enough beta carotene and vitamin C. With The Simply Healthy Lowfat Cookbook you will find that you can get plenty of these vitamins with a minimum of effort, and that increasing your daily intake of antioxidants can lead to healthier life.

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[Quick & Easy Healthy Meal Recipes : Dinners, Snacks & Breakfast](#) Have a healthy dinner ready in 20 minutes! These [low-fat, low-calorie healthy dinner recipes](#) are perfect for busy nights. [Healthy Low-Fat & Fat-Free Recipes - EatingWell](#) Weve looked for recipes that are easy to follow, dont contain [Tom Kerridges Dopamine Diet: my low-carb, stay-happy way to lose weight by Tom](#) Luckily this includes full-fat dairy, quality meat, fish, fruit and vegetables. [Quick and Easy Low Calorie Cookbook: 100 Recipes, All 100](#) About the Author. Heather Thomas is a cookery writer, editor and the author of several best-selling cookery, healthy eating, slimming and fitness books. [Healthy pasta recipes BBC Good Food](#) Prepare a simple and satisfying dinner with these healthy recipes. We have everything from pasta and pizza to burgers and burritos, all with [Low Fat Recipes : Food Network](#) Food Network 4 days ago These low calorie dinners save you time, money, and calories. What more could you [26 Quick Healthy Meals That Also Save You Money Quick & Easy Healthy Recipes - EatingWell](#) [Insanely Easy Weeknight Dinners To Try This Week](#) [51 Healthy Recipes To Get You Ready For Summer](#) cooking yourself plenty of high-protein, low-carb meals can do even more for your figure than just upping your gym [Easy, Healthy Dinner Recipes in 20 Minutes Fitness Magazine](#) Find trusted recipes for eating healthy: start the day with a wholesome [Recipes Low-Carb Recipes Low-Cholesterol Recipes Low-Fat Recipes](#) 30. This quick and easy curry recipe combines chicken, sweet potato, and eggplant into a [Healthy Dinner Recipes Fitness Magazine](#) Were sharing our favorite (healthy!), triple-tested dinner recipes. Each one is under 500 calories, loaded with all the good stuff and ready in [The EatingWell Healthy in a Hurry Cookbook: 150 Delicious](#) The Simply Healthy Lowfat Cookbook [University of California Editors] on . \*FREE\* shipping on qualifying offers. If you are concerned about your [Low-Fat Recipes - Healthy Cooking for Two \(or Just You\): Low-Fat Recipes with Half](#) [The Healthy Meal Prep Cookbook: Easy and Wholesome Meals to Cook, Prep, Grab. 50+ Best Healthy Summer Recipes - Low Calorie Summer Meals](#) Whether youre on a low-carb diet or trying to fuel up for the day, feel

more satisfied with one of these delicious and healthy high-protein recipes. and chicken along with grated Monterey Jack cheese, fresh cilantro, low-fat Greek yogurt (a 36 Super-Easy Healthy Dinner Recipes For Weight Loss