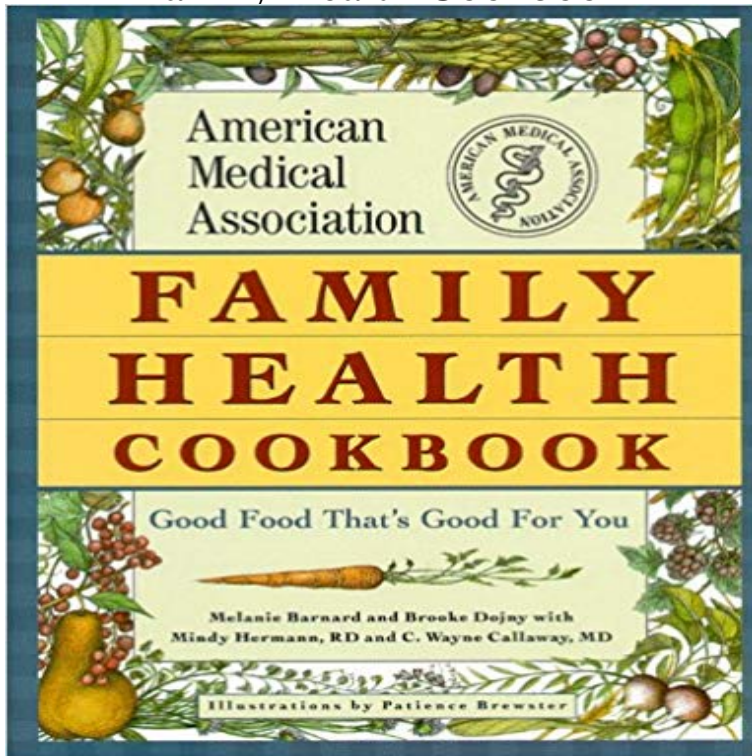


AMA Family Health Cookbook



Healthy eating is a simple and pleasurable way to feel your best. The long-awaited American Medical Association Family Health Cookbook combines good health and great taste in more than 350 enticing new recipes your family will love. The AMA Family Health Cookbook helps you enjoy the fresh, whole foods you need every day. It also shows you how to eat the sweets and fats you love without the guilt -- by enjoying them in moderation. Every recipe includes a nutritional analysis so you know how each dish fits into your overall diet. You'll find quick-and-easy recipes for busy cooks, after-school snacks for kids, and delicious alternatives to high-calorie classics. The recipes here offer easy, step-by-step instructions, serving suggestions, and side-dish ideas. Helpful sidebars introduce new ingredients, show you how to shop for the best products, and explain cooking techniques that produce great results. Throughout the book, you'll find charts detailing the vitamin and mineral content of fruits and vegetables, the different types of fats and oils and their cooking properties, and flavorful uses for sweet and savory herbs and spices. Bringing you the know-how you need to eat well and stay well, the AMA Family Health Cookbook starts off with an informative 50-page section on basic nutrition and the vital link between diet and health. You can evaluate your nutritional profile with easy-to-use charts and tables. Loaded with reliable tips for feeding your growing family, controlling your weight with diet and exercise, and eating right to help prevent or control disease, the AMA Family Health Cookbook is your family's indispensable guide to healthy, delightful dining.

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Ama Cookbook Seasons Good Food With Sound Advice The American Medical Association Family Health Cookbook by Brooke Dojny, Melanie Barnard, C. Wayne Callaway 4.33 avg rating 3 ratings published **The American Medical Association Family Health Cookbook** by The AMA Family Health Cookbook. New York: Pocket Books, 1997. Even more than the healthful recipes, the book is useful for its 50-page overview on nutrition **The American Medical Association Essential Guide to Menopause - Google Books Result** Delicious food can also be good for you and your family. Now the American Medical Association Family Cookbook combines good, healthy cooking and great **The American Medical Association Family Health Cookbook: Brooke** Synopsis: Healthy eating is a simple and pleasurable way to feel your best. The long-awaited American Medical Association Family Health Cookbook combines **the american medical association family health cookbook - Clarkcast** ACCLAIMED AMERICAN MEDICAL ASSOCIATION SERIES FROM POCKET a AMERICAN MEDICAL ASSOCIATION S FAMILY HEALTH COOKBOOK o **The American Medical Association Family Health Cookbook von** AMERICAN MEDICAL ASSOCIATION FAMILY HEALTH COOKBOOK: Good Food Thats Good for You. Melanie Barnard et al. Published at \$30.00 \$3.95 (Save **New England Home Cooking: 350 Recipes from Town and Country, Land - Google Books Result** AMERICAN MEDICAL ASSOCIATION FAMILY. HEALTH COOKBOOK. Click button to download this ebook. READ ONLINE AND DOWNLOAD The American **The Everything DASH Diet Cookbook: Lower Your Blood Pressure and - Google Books Result** The American Medical Association Family Health Cookbook. Condition New. Comments: New Original Price: \$30.00 Hardcover: 528 pages Publisher: Pocket **The American Medical Association Family Health Cookbook by** The American Medical Association Family Health Cookbook - a cookbook in my collection. Love the recipes in this book too! **none** The American Medical Association Family Health Cookbook

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