



# The American Medical Association Family Health Cookbook

*Brooke Dojny, Melanie Barnard, C. Wayne Callaway, Mindy Hermann*

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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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